STRONG, HEALTHY EYES WITHOUT GLASSES

by

DR. R. A RICHARDSON

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Increasing The Strength Of The Eyes And The Eye Muscles Without The Aid Of Glasses

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This book is gratefully
dedicated
to those men who are practicing the
healing art from the scientific standpoint
of securing health.

THE DRUGLESS PRACTITIONERS.

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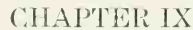

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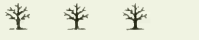

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IMPORTANT NOTICE

How to Test Your Own Eyes Before You Start to Practice the Exercises.

By testing your eyes before you start to take the exercises, you will have a record of your vision at the beginning. Then as your vision improves, you will be encouraged by the improvement which will result in your being faithful to the practice.

First test your distance vision by pinning the large "AB" test card illustrated in Fig. No. 17, Page 51, on the wall, then take a seat 10 feet away from the chart. Cover your left eye with your hand and then read as far down on the chart as possible with your right eye. Then take a pencil and paper and write down the smallest line of letters you can read with the right eye. Then cover the right eye and test the left eye in the same manner and make a record also of the vision of the left eye. Then take the small reading card and hold it 14 inches away from the eyes and make a note of the smallest letters you can read at 14 inches with both eyes open. Make a record of this, then after you have practiced the exercises a few times you can easily tell what changes have taken place. If you fail to make the above test before you start to practice the exercises you will not be able to determine what improvement you are making, unless your condition is one of muscular spasm and not a loss of vision. If you start out with too many exercises, you will no doubt witness a soreness and a stiffness of the eye muscles which can be avoided by using a little judgment and by not overdoing the exercises at the beginning but by increasing the exercises a little each day.

Perfecting the Vision Without Glasses or Drugs

INTRODUCTORY

CHAPTER I.

There is need of a book that can be read and used by people who are not familiar with Ophthalmology. It is my desire, therefore, to be understood in such a way herein that my readers will be able, after reading my instructions, to increase the efficiency of their eyes.

Many years ago, I started out to help improve defective vision. My first experience was in the fitting of glasses. After taking a course of instruction in correcting errors of refraction, I was delighted with my work, not only because I was able to relieve people of their eye strain but also because I was able to improve their vision. My instructor was a man of wide experience who has been fitting glasses for many years. From this doctor I learned many things about the eye as he had a large practice and many patients, especially among the school children; and it seemed to me that he was doing a great work. People coming to him with headaches would get re-

lief through properly fitted glasses. People with eye strain would also get ease. Nervous patients would be greatly helped by skilful refraction.

All of these facts convinced me for the time that glasses were a godsend to humanity, but after I began to learn more about these patients I found that a good many of them were coming back to have their glasses changed. After re-examining their eyes I found that their glasses were not strong enough and that it was necessary to increase their strength. I called the doctor's attention to this and asked him why people's eyes should get weaker if the glasses were doing so much good, and why little children, after wearing glasses for a while, became helpless without them? He answered me by stating that the glasses were doing the work, thereby relieving the eye muscles of the burden of focusing the eye, which naturally meant that the eye muscles would gradually get weaker since their work was thus made very light; and that the glasses, by doing most of the work, had prevented their normal development.

I told him that this did not look right and that surely there was some way of strengthening people's eyes instead of making them

weaker. He informed me that he had spent seventeen years of his life fitting glasses and that he did not believe that I could suggest a change or an improvement in his work as his reputation was unquestionable.

As time went on I began to observe that many elderly people reached the age of 80 or 90 without the use of glasses. When I questioned these people I found that they had never worn glasses; and that their eyes were much stronger and that they did not have nearly as much trouble as the patients who wore glasses. When I asked for explanations regarding these facts, I was told that the majority of people were born with defective eyes and that glasses were their only hope. Another class of patients were the elderly ones who had received their second sight. This was more puzzling than ever. People who were supposed to have been born with defective eyes were getting their second sight at the ages of 70, 75 or 80, and discarding their glasses. This surely made conditions more complicated than ever. Still other patients had worn glasses all their lives and late in life had gone blind with cataract and other eye diseases. All of which convinced me that eye glasses were a detriment to the human

eye and that all in all they did more harm than good.

I have never found a case where glasses have not made the eyes weaker. In these many years of practice and after testing thousands of pairs of eyes I should surely have found some cases where glasses had not made the eyes weaker, had there been any. But when we stop to reason we come to realize that the eye muscles are just as large in proportion to the function they perform as are the other muscles of the body! How long do you think we should have strength in the muscles of our arms if we were to carry them in slings? Or how much strength in the muscles of our legs if we used crutches? Common sense should tell us that the eye muscles do lose their strength and tone when their work is interfered with by eye crutches. All of these facts will be explained later.

When I began the study of the anatomy and the physiology of the body, I soon learned that many eye conditions are brought about by violating Nature's laws; and that constipation is a direct cause of much eye trouble. I learned also that incorrect breathing, too little water, lack of exercise, staring and straining to see may also produce eye trouble and that lack of

sunshine is another cause for weak eyes, that the mental attitude has its effect in producing many eye abnormalities; that unbalanced food causes tissue changes and prevents the eye from receiving pure blood, resulting in the loss of vision and eye strain, nervousness, headache and all sorts of discomfort.

In this book I have endeavored to give an explanation of how these different conditions are brought about and how to correct them. I have eliminated the use of medical terms and phrases as far as possible, that the book may be of value to the laity as well as to physicians.

At last I have found a better way of treating the eyes than by prescribing glasses.

Nature's way is far superior to man-made crutches.

Illustration of Eye Exercises

CHAPTER II.

Figures No. 1 and No. 2 illustrate the correct way to exercise the internal and external rectus muscles of the eye. First, look to

Fig. No. 1

the right with the eyes wide open, as in Fig. No. 1. Then look to the left as in Fig No. 2. When you look to the right, stretch the muscles as if you were trying to see the back of your right ear. Then look to the left, as if

you were trying to see the back of your left ear. Then look up as if you were trying to look over the top of your head. Then look down as if you were trying to look under your chin. Practice each one of the above movements, five times in each direction. Repeat these exercises three times a day, five times

Fig No. 2

each way. Then look all the way around your face, in a circle to the right. Then in a circle to the left, five times each way.

After you have taken the exercises illustrated in Figs. No. 1 and No. 2, look at the

bridge of your nose, with the eyes wide open, as if you were looking cross-eyed, as in Fig. No. 3. Do this five times, then look at the smallest letter you can see on the "AB" test card, at a distance of ten feet. As soon as you can see this letter, shift the eyes to look

Fig. No. 3

again at the bridge of the nose and as soon as you see the bridge of the nose, shift back to the smallest letter you can see on the "AB" test card. Repeat this shifting back and forth about ten times. Do this at least twice a day. This exercise, when used with discretion and

not overdone, has proved to be one of the most successful exercises for increasing strength and efficiency of the muscles of accommodation and it is exceptionally good for hypermetropia, presbyopia, astigmatism, convergent and divergent squint.

Fig. No. 4

After you have taken the exercises illustrated in Figs. 1, 2 and 3, then close the eyes tight as in Fig. No. 4. Do this at least five times and do not be afraid you will close your eyes too tightly. This exercise not only works all of the muscles of the eyes by causing them

to contract, but it also increases the circulation to the orbicularis palpebrarum muscle. This muscle closes the eyelids and its condition is indicative of strong or weak eyes. When this muscle loses its tone, the eyes lose their lustre and they always have that weak, watery appearance. By exercising this muscle you also normalize the action of the lacrimal glands. These glands furnish an alkaline and saline solution that is far superior to any eye tonic that has ever been manufactured. This exercise also stimulates and normalizes the function of the Meibomian glands which furnish an oily substance that is responsible for lubricating the outer surface of the cornea, and giving to the eye that glow of brilliancy that cannot be obtained by the use of any drug. By all means you should keep your orbicularis palpebrarum muscle in perfect tone. For as this muscle loses its tone, so will your face have that worn-out appearance.

When this muscle is not exercised by contracting and relaxing, as explained above, you will slowly but surely develop a lot of unnecessary wrinkles, commonly called crow's-feet, around the eyes. Muscles of the arms and legs do not develop crow's-feet and wrinkles because they are exercised sufficiently to keep

up their circulation and tonicity. There are many other exercises that will keep the face from becoming wrinkled as well as prevent disfiguring wrinkles around the eyes. If people would learn how to exercise the muscles of

Fig. No. 5

their faces probably they could retain their youthful apearance to a ripe old age. How-

ever, as I have not the space, and my work is to deal specifically with the eye, I will not attempt at this time to outline exercises for developing the muscles of the face.

You should keep in mind that in your eyes may be seen the expression of your soul; for in truth the eyes are the windows of the soul. Thus you can appreciate the full importance of the above exercise. It helps to keep the windows clear and bright!

When you have completed the exercises illustrated in Figs No. 1, 2, 3 and 4, then you should (being in a comfortable seat) close the eyes tightly and tense all of the muscles of the entire body at least five times—I mean contract your whole body at one time. That is: tense the muscles of your eyes, neck, back, shoulders, arms, hands, fingers, legs, feet, toes, as if you were in a state of muscular spasm, so that you will completely lose the sensibility and voluntary motion of all the muscles of the body. After you have prac-

ticed this exercise five times, remaining in the tensed condition ten seconds at a time, then you should, with a table or bench in front of you to lean the elbows upon, close the eyes and cover them with the palms of the hands as in Fig. No. 5. While you are in this position rest and relax for about ten minutes. While you are resting and relaxing think of relaxation, imagine your body in a complete state of rest and looseness. Picture in your mind a perfect pair of eyes, and a perfect body at absolute rest, with all its muscles, tissues and blood vessels relaxed and the blood carrying nutriment to and waste material from the tissues. Especially hold a picture in your mind of your eyes in a state of perfect relaxation with the blood flowing freely, carrying food to all the cells, increasing their strength, tonicity and efficiency. Some patients have been greatly benefited while thus palming by imagining also that they can see the letters perfectly clear and distinct with their eyes closed. This is a good practice when you can do it without strain, but if your imagination is not good, then you will have trouble trying to

form a mental picture of letters, figures or objects. In this case, it is much better to think of relaxation, perfect health, beautiful flowers, or some other very familiar object that you can remember without strain.

We do not see with the eye. We see with the brain. Therefore you can strain the eye muscles with the eyes closed just as much as you can strain them with the eyes open; hence you see the value of completely relaxing the mind while palming.

Patients who practice this method of relaxation find that, in addition to improving their vision, by it they store up a great amount of nerve energy, which refreshes and increases the efficiency of the physical body and also improves the memory. One patient, a minister, who was troubled with myopia, presbyopia and insomnia, informed me that after learning to palm correctly he not only improved his vision and discarded his glasses but that palming for about thirty minutes before retiring would result in a good night's sleep

and he would awaken refreshed and feel better than he had in twenty years prior to this practice. When practiced correctly, it affords positive relief from headache and nervousness.

Crossed Eyes

CHAPTER III.

In Fig. No. 6, you will notice that both eyes not only turn in but that the right eye turns

Fig. No. 6.
Age 2 years and 9 months. Eyes turning in and up with muscles contracted while staring.

up and in while the left eye turns in but does not turn up as much as its fellow. While the child was only two years and nine months old, we were able to secure a wonderful improve-

Fig. No. 7.

Eyes straight with the muscles relaxed without the use of glasses, drugs or surgery.

ment, regardless of the fact that the baby was not old enough to understand just how the exercises were to be practiced. But because of the persistent efforts of the mother it was not a month until there was a decided improvement in her condition as you will see by looking at Fig. No. 7.

The specialists who first treated this child figured, as many others do, that at the age of fifteen she would be old enough to have the eyes operated upon. Now, then, anyone who knows anything at all about the developing of the muscles of the body knows that they will not develop if they are not used. By the same token, putting glasses on this child to do the work the muscles should do certainly would cause an atrophying and a loss of tone of the eye muscles, and of the eye ball itself, which would mean that the child would grow up with a pair of small, squinty, under-developed eyes, such as are so common among people who have worn glasses constantly from early childhood. The parents, being above the average in intelligence, did not consent to the use of the glasses although the specialist in question was a man of high standing so far as orthodox theory and practice is concerned.

Indeed, this oculist is in good standing with the American Medical Association, the County Society and the Medical Trust in general, professionally and politically, and he happens to be the one who dictates the destiny of the vision of the school children in his community. And he is so situated, professionally and politically, that he can, with his power and influence, help to prevent the proper development of many pairs of eyes. No doubt he is sincere in his work. Personally I believe that he is very conscientious. But most professional men are moulded by the educational system through which they acquired their training and when the teaching of that system is fundamentally wrong, as is the case with most medical schools which teach the doctor to look for and to treat symptoms instead of causes, it is not to be wondered at that so many men of the Old School find it difficult to step over into lines of natural treatment which are wholly concerned with the removal of the cause.

I mention this instance only to show that not all of the "quacks" dwell on the outside of

the medical trust and the medical societies. It is just a little illustration of how some of the "quacks" work while boasting of the fact that they are members in good standing of the Medical Societies. Don't misunderstand me. I don't mean that all members of the County Medical Societies and of The American Medical Association are "quacks." Only a part of them. The moral is: Don't be deceived by the explanation that a specialist or a regular physician is perfect or that he is an authority because he happens to be in good standing with his medical society.

Let us come back to the little girl in question. The parents took her to another physician who referred her to us. We taught the mother how to give her the eye exercises, how to have her blink at the sun and how to develop the eye muscles as outlined in this book. And in a short time there was the remarkable improvement you see in Fig. No. 7. I predict that long before this child is fifteen years old she will have a strong, healthy pair of eyes and that no operation will be necessary.

What is true of developing the eyes is also true of developing the body. Drugs do not cure anything any more than glasses do. They only relieve symptoms. Drugs and medicine will no more help to build up a strong physical body than brain food taken from a hypodermic needle will increase a man's ability to think and remember. And here we are again reminded of the fact that people who do their own thinking accomplish the most. Had the parents of this little girl let the eye specialist do their thinking and decide for them he would have been several hundred dollars better off and they would have been several hundred dollars poorer and incidentally they would have a daughter with weak, under-developed, squinty eyes to look at for the rest of their lives.

The picture of the little girl in Fig. No. 8, shows that the wearing of glasses for two years had left her eyes in a worse condition than when she started to wear them. She was wearing a plus 3.50 lens before the left eye and a plus 3.25 for the right eye, prescribed after thorough examination by a medical eye specialist.

With the glasses on, the vision was 10/50 for

both eyes. With the glasses off the vision in the right eye was 10/40; vision in the left eye

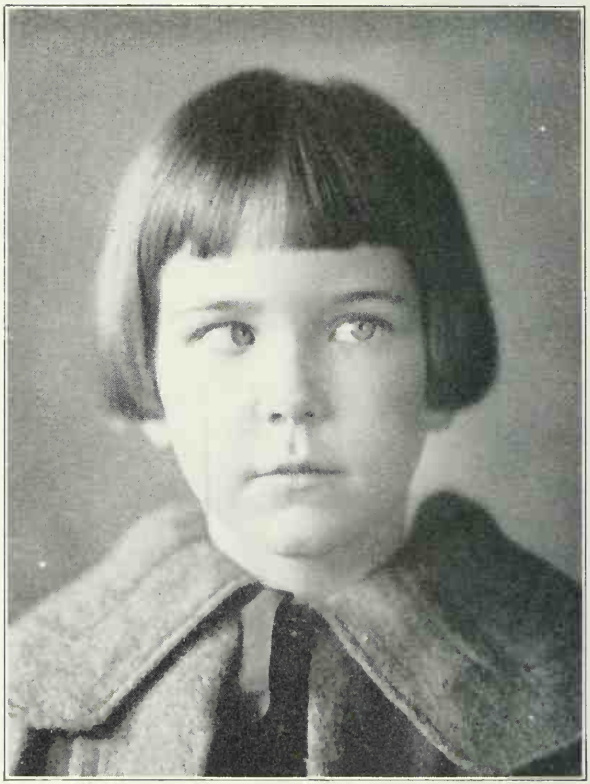


Fig. No. 8. This picture of a little girl, age six, whose eyes had been in the above condition for two years.

10/50. When the glasses were removed the right eye turned in as illustrated in Fig. No. 8. If glasses helped the child, then why would the

eye turn in more after wearing them two years than it did before the glasses were pre-

Fig. No. 9. The same patient, after five treatments, without the use of drugs, glasses or surgery.

scribed? The answer is that the glasses did the work while the muscles lost their strength. Immediately after removing the glasses and

exercising the eye muscles, there was not only an improvement in the vision and an improvement in the appearance of the eyes, but they were straightened as you will see in Fig. No. 9.

We did not have an opportunity to continue treatment or follow this case as we should have liked to do, as the parents live in another state and it was not possible for them to remain here where we could give the case our personal attention. The mother of the child, however, agreed to continue the exercises and to keep up the treatment as best she could until the muscles were strong enough permanently to hold the eyes straight.

At the time we handled this case we were not in a position to give the mother a book of instructions as it was not yet ready for the publisher and we were not in close enough touch with the case to continue the work in a scientific manner. But we feel confident that if the instructions have been carried out in every detail, the child's eyes will never cross again. If, however, the instructions have not been carried out for a long enough time to build the muscles properly, the eyes will eventually turn in again.

With children at this age the parents are about the only ones who can perfect a cure.

The doctor can only act as a teacher and an instructor to the parents. In these cases the vision always improves as the strength of the eye muscles increase.

The deep therapy lamp and the burning glass are very essential in the treatment of such cases for as the rays of light are converged on the eye and penetrate the tissues, the venous congestion is relieved and the arterial circulation markedly improved. The lymph drainage and circulation are also greatly improved.

As the blood carries the life-giving elements to the tissues, it is essential that the diet should consist of those necessary food elements which make pure blood with which to nourish the various parts of the eye. Indeed, we cannot expect the best results in this or any other case if the five essentials of life are deficient in any manner. That is why I have given space in this book to these details, as we cannot develop a perfect body or any part of that body to its highest efficiency if we ignore the important part which the correct use of air, water, food, exercise, and mental attitude play. We find these essentials absolutely indispensible in all cases where health, happiness, and success are at stake.

Light and Its Use in Treating the Eyes

CHAPTER IV.

Fig. No. 10.

The above Fig. No. 10, illustrates a therapeutic lamp that has been used in the treatment of eye conditions with some results. I mention this light here because there are

many families and a large number of doctors who have this light and are using it with the mistaken idea that it is an exceptionally good one for treating the eyes. In testing it out, I have found that it does not give anything like the results that have been obtained by the use of the lamp illustrated in Fig. No. 12.

In this picture you see illustrated an arrangement where a cardboard screen, with

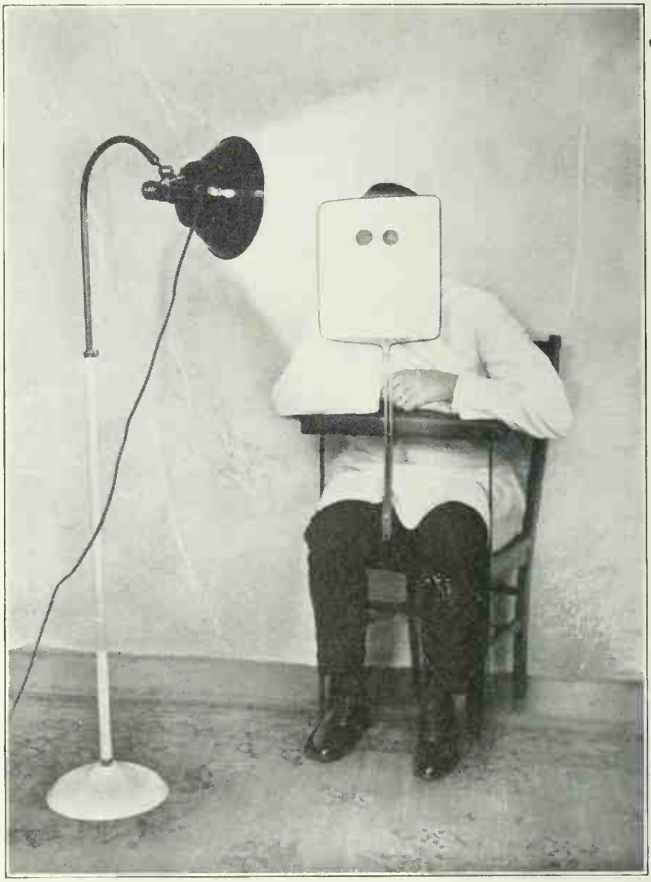


Fig. No. 11.

two holes in it, is used between the face and the treating lamp. This particular device excludes all the light except those rays which

pass directly to the eyes, thus preventing the

Fig. No. 12.

Dr. Richardson's special lamp, manufactured according to his specifications, is now being used by hundreds of doctors who have taken up his method. Not only are the doctors using this lamp, but many are advising their patients to take the lamp and use it at home. It is so simply constructed that anyone can use it as it can be attached to any ordinary electric light socket and costs very little more to operate than the burning of an ordinary electric light. It gives off yellow rays which stimulate the motor nerves: red rays which stimulate the sensory nerves: and infra-red rays which penetrate the deeper tissues. This relieves the venous congestion and establishes the arterial flow of blood, which helps to renew and rebuild the wornout tissues. In chronic conditions such as trachoma, cataract, glaucoma, convergent and divergent squint, chronic inflammation of the eyelids and eyeballs, pink eye, ingrowing eyelashes, congested tear ducts,—and all cases of weak, watery eyes, and especially those eyes that are sensitive to sunlight,—by using the light a few minutes each day hundreds of cases have been cured by this method where everything else had failed.

possibility of face burns. This light, with the screen has proven to be more effective in treatment of eye diseases than the light illustrated in Fig. No. 10. However, the author has discarded this combination of light and screen for a more effective light without the screen, as you will see in Fig. No. 12.

After many months of painstaking experimentation with the various kinds of lights on the market, we were successful in securing a light, made especially for our work, that has proven to be more effective in treating eye conditions than any other similar device developed to date. This light illustrated above in Fig. No. 12, gives a radiant light and heat. These are the active agents in sunlight and are the result of a molecular vibration which causes their action to be instantaneous, thus giving them exceptional power of penetration. Light is composed of rays having different qualities: some destroy germs, some stimulate the growth of body cells, while others penetrate deeply into the tissues. Therefore sunlight or radiant light and heat have many advantages over convective heat for therapeutic use. Indeed, there are many individuals who can cure themselves by the use of sunlight and

exercise. Some of the more chronic cases on the other hand, require treatment with radiant light generated by a special electric lamp with a reflector which so directs the rays that they will not only stimulate and strengthen the action of the sphincter iris of the eye but will also stimulate the action of the Meibomian and lacrimal glands and penetrate into the deeper tissues of the eye, thus promoting venous drainage, relieving congestion and normalizing the arterial flow of blood which carries the nutriment so necessary for the rebuilding of the eye muscles and the restoring of their tone and strength in general. In addition to the light, you will notice that a glass is held in front of the eye. This glass is called a burning glass and with it it is possible to focus the rays of light by moving the glass in such a manner as to concentrate them directly on the eye and its lids. This light should be used at a distance of about three feet from the eyes, and for five to ten minutes at a time, daily, always shifting the eyes from right to left, then up, then down, so that it will penetrate into all of the tissues of the organ. In chronic cases the light may be used several times a day. Judgment must be used, however, as to the length of time it is employed, and the nature of the condition treated.

We have treated a large number of chronic cases of trachoma, conjunctivitis, corneal ulcers, iritis, retinitis, as well as many other acute and chronic conditions and in all of our experience we have never found any drug or eye solution that has given the quick and permanent results that the radiant light rays and burning glass will give. While there is no doubt that argyrol, sylvol, silver nitrate, and zinc sulphate and other drugs have been used with some good results, there is also no question but that these medicines could have been entirely dispensed with had the light treatment been applied in their place.

We have been successful in curing a large number of chronic cases of trachoma, which have stubbornly resisted all of the drugs that have been applied. In fact, the old method of rolling, scraping, and burning the lids with copper sulphate in the treatment of chronic lid conditions is fast being displaced by the more scientific and much more effective light treatment, whether artificial light or the sun's rays applied by means of the burning glass.

Many medical doctors have recognized the value of this natural form of treatment and have been using it for some time. But it has

not received favorable publicity in their professional journals, for, knowing that the treatment is very simple, and that it can be applied by any person of average intelligence, they have kept it in the background for fear that a large number of people would cure themselves. And, as I have mentioned before, the longer the medical trust can keep the people mystified and in ignorance, just so long will it retain its immense clientele. Therefore, when your condition is serious enough to require the attention of a physician you should bear in mind the fact that physicians practice as they were taught to practice. Medical doctors are taught to prescribe medicine; whereas osteopathic physicians are taught to find what is wrong with the body and to correct the condition, which they do by removing the cause, restoring the body to its normal structure and thus making it possible for it to function normally and as Nature intended. The difference is this: medicine is prescribed to relieve symptoms; it has no curative value. All effectual curative agents are manufactured within the body and by it. Thus medicine is given with the idea of stimulating these curative agents to action. But it misses its mark more often than not because the chemistry of each body

does not react in the same way to all medicines. We see proof of this truth every day. For instance: nobody will dispute the fact that President Harding had the best medical attention and the best medicine money could buy, but they did not save his life any more than they have saved the lives of millions of other people.

During the influenza epidemic osteopathic physicians saved a very much larger percentage of their patients than did medical doctors. But it is surprising how few people there are who know anything at all about taking care of their bodies or about selecting a physician. Indeed, it is nowhere generally known that an osteopathic physician spends the same number of years in his studies that a medical doctor spends and that the osteopathic physician, generally speaking, is a more competent surgeon than the medical physician. The same is true in the practice of obstetrics, for this branch of professional endeavor depends on a thorough knowledge of the mechanical structure of the body more than on anything else. And it is a fact that the osteopathic physician has had a more thorough training in this particular line than the M. D.

Many eye conditions are caused by lesions (mechanical embarassments) in the spinal column and also by lesions in other parts of the body, which operate through nervous reflexes and cause direct irritation to the eyes, resulting in contracted muscles which in turn pull the eyes out of focus and produce errors of refraction that cannot and will not yield to medical treatment, electrical treatment, radiant light treatment or anything else until an osteopathic physician has removed their cause by correcting these lesions and has thus restored the body to its normal structure. This is why an increasing number of medical doctors are referring their more obstinate cases to osteopathic physicians for relief. Indeed, medical physicians who are of the higher type and who are really interested in the welfare of their patients do not hesitate to admit that osteopathy has successfully adjusted many bodies so that they will function in accordance with the laws which govern health and has thus eliminated diseases that have stubbornly resisted all forms of medical interference.

Equipment Used By Doctors Practicing This Method

CHAPTER V.

The picture you see below, Fig. No. 13, is of a treating room that has been equipped for treating patients in large numbers. Fourteen people can be treated therein at one time.

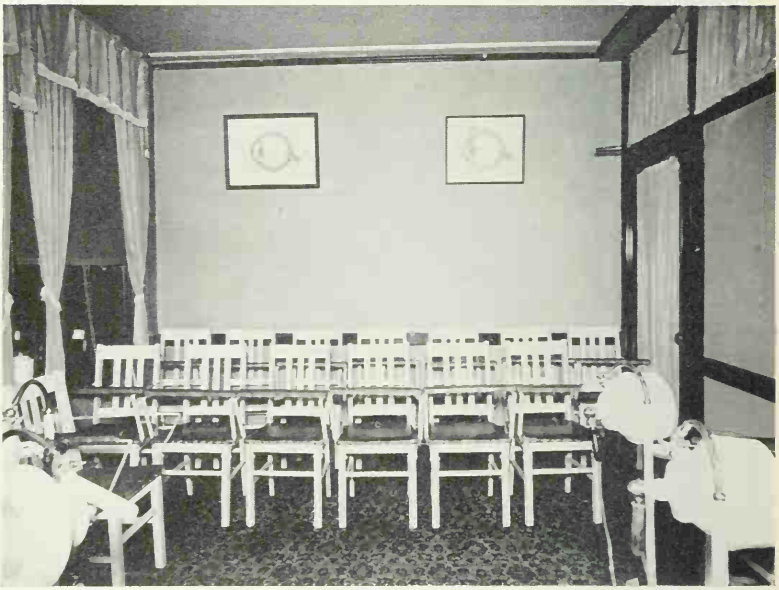


Fig. No. 13.

There are thousands of people wearing glasses who know that their eyes have continued to get weaker in spite of the glasses.

These people are only too glad to get rid of their glasses providing they can have the strength of their eyes increased and normal eye functions restored and at the same time have eliminated all of the headaches, eye-aches and other distressing symptoms from which they have suffered.

When the author first started this practice of removing people's glasses he could not get very many of his patients to understand that it would be a success, as most of his patients lived in Missouri! Hence he decided to prove his statements by treating a large number of individuals free of charge. After a few months' work without pay, most of the patients were convinced that their eyes not only felt better but that they could do more with less strain than they ever had done with glasses on. And when these patients started to broadcast the good news to their friends practice increased at such a rate that he could no longer treat the patients one at a time. As a result the above treating room was equipped with the furniture made to order so that each patient could be taught how to palm, how to relax, how to exercise the eyes, and how to take care of his general health. Each chair is made with a separate elbow rest. In this

room we have treated as many as eighty-two patients in three hours. I quote this merely for the sake of showing what has been accomplished and the advancement that has taken place in this work, so that other doctors who are interested will see the possibilities.

Fig. No. 14.

The above picture shows a small reception room that has repeatedly handled more than one hundred patients in five hours. This picture is printed to give other doctors an idea of how it is possible, with this method, to han-

dle a large number of patients in a short time and with small office space. The fact that the results obtained from this treatment have interested hundreds of doctors as well as thousands of patients only goes to show that these same results will always produce a large thriving practice for physicians who take up this work. And it is likewise true that many patients have taken treatment and then gone home and given the treatment to several other members of their family, removing their glasses successfully. It is also a fact that a large number of people have worn glasses for so many years that the eye muscles have lost their tone and atrophied to the extent that the attention of a physician who understands this work is necessary in order to restore their vision. Then, of course, there are many people who dislike being educated by other members of the family. This class of patients prefer the aid of a physician, while in many other cases people do not want to spend the time to study this work long enough to cure themselves. They also seek the assistance of someone skilled in this work.

Fig. No. 15.

The above picture shows an examination and consultation room where the author has not only examined hundreds of patients but has taught this work to over one hundred physicians in the past year. In this room physicians are taught the necessary steps in making a complete diagnosis of the patient's condition, and how to determine approximately the length of time required to perfect a cure. These physicians are also given a thorough training as to the kinds of treatment and

exercises that are prescribed for the different conditions and the special exercises that are prescribed for cases that are out of the ordinary run of eye troubles.

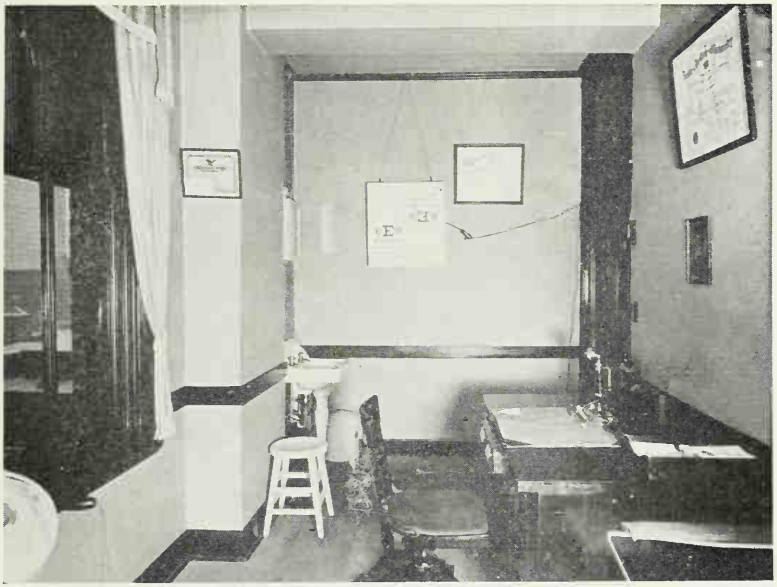
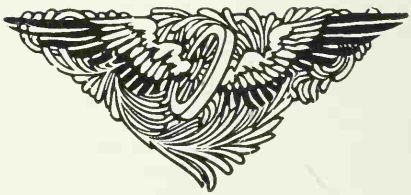


Fig. No. 16.

In the above picture you will notice a large electric chart that has been especially designed with two separate "A. B." test cards, one chart in the erect position, and one inverted. This makes an ideal chart for testing children who have memorized the letters from seeing

them on their regular practice card. As this chart is electrically lighted, it makes a very good chart for testing on dark, cloudy days and where the examining room is not well lighted.



Exercises With Chart

CHAPTER VI.

Figure No. 17 is a cut showing the regular "AB" practice and test chart. The actual

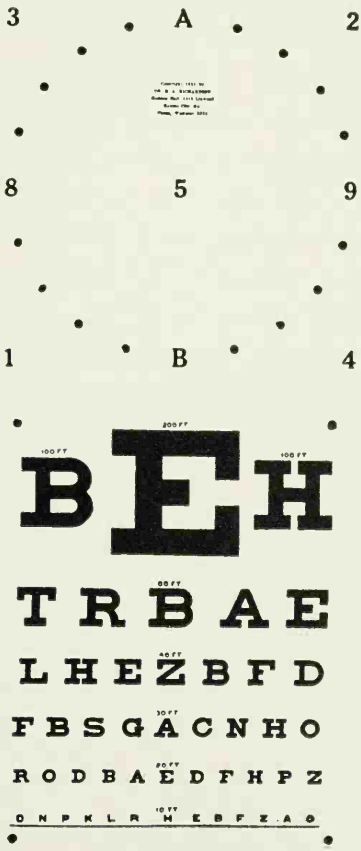


Fig. No. 17.

A few simple exercises with the above chart have restored normal vision to many people.

chart is ten and one-half inches wide, and twenty-three inches long. By pinning this chart on the wall and taking the exercises as outlined, many people have been able to cure themselves and develop a perfectly strong, healthy and brilliant looking pair of eyes.

Exercise No. 1. Pin the large "AB" test chart on the wall with the figure 5 on a direct line with the end of your nose. Stand three inches away and see that your nose is on a direct line with the figure 5. Now look at No. 1, then at No. 2, then back to No. 1. Do this five times, stretching the muscles of the eyes each time. Then shift from No. 3 to No. 4, five times each way. Do not move the head. Then shift from No. 8 to No. 9 five times each way. Then look up at A and down at B five times up and down. Then, while you remain the same distance from the chart, starting at A, shift the eyes from one dot to the other all the way around the circle back to A. Do this five times to the right, then five times to the left. Blink each time that you look at a dot; but do not move your head when exercising. Now close the eyes tightly five times. Then look at No. 5 and close the eyes for a second; then open them and look at No. 5 again. Open and close them five times, looking at No. 5 each time. This exercises both the internal and external

rectus muscles at the same time. Now close your eyes and cover them with the palms of the hands, being sure to exclude all light, and relax in this position for five minutes. If one eye is weaker than the other you should cover the stronger eye and do more exercising with the weaker eye. Now take your seat at about ten feet from the "AB" test chart and read all of the letters on the card, shifting the eyes rapidly from the bottom to the top of each letter, blinking every time you shift the eyes.

After you have read all of the letters on the card at least once, you should again cover the eyes with the palms of the hands and relax for a few minutes being careful not to put any pressure on the eyeballs.

Exercise No. 2. Take the small reading card and practice shifting it back and forth while blinking and shifting the eyes from one letter to another on the very finest print you can read. By moving the reading card back and forth and blinking and shifting at the same time you are exercising all of the muscles simultaneously.

Exercise No. 3. This exercise should be taken while looking directly at the sun. Look at it for a fraction of a second, then turn or shift the eyes to the right, then to the left, then

up, then down while the sun is shining directly into them. Continue this for from one to five minutes. Then look directly at the sun and blink the eyes as fast as possible for a few minutes. If the sunlight is too irritating, close the eyes and let the sun shine on the eyelids and keep practicing this until you can look at the sun without discomfort. About three minutes at a time is long enough for this exercise.

If all the above exercises are taken faithfully three times a day, the results will be astonishing. I do not advise anyone to overdo any of them, although one patient who misunderstood his instructions exercised for three hours at a time with the sun shining in his eyes without any bad effects. Many patients complain at first that they cannot stand the sunlight, but after they have practiced for a while they find that the sunlight causes them no discomfort and that the bright sun does strengthen and benefit their eyes.

The old teaching of ophthalmology is that sunlight is bad for the eyes and most people have been foolish enough to believe it. This, however, is not true. If it were true animals and human beings who work in the fields day after day, year in and year out, with the sun

beating down into their faces and eyes would soon go blind. The only people who really suffer from the sunlight are the ones who squint and strain and try to avoid the solar rays. By so doing they shut off the circulation to the eyelids and the eyeball causing a venous congestion and the result is a chronic blepharitis and conjunctivitis that sometimes leads to blindness. It is the staring, and straining to see that causes most of our eye troubles and not the blinking, shifting and relaxing. If staring, straining and contracting the eye muscles is the cause of weak eyes, then blinking, shifting and relaxing constitute the cure. Patients who learn to blink and shift without staring are always quickly cured. After you have once developed a strong, healthy pair of eyes it will not be necessary to take so many exercises. Two minutes a day will be sufficient to keep the eyes active and in the best of condition. Remember that no one can expect comfort with the eyes until he breaks the habit of staring. Very few people who have trouble with their eyes will believe that they stare. They do it unconsciously and are not aware of the fact that they are causing congestion and starving out the different structures by thus shutting off the circulation.

Some people are cured almost instantaneously by simply relieving the congestion and establishing normal circulation.

Exercise No. 4. When it is possible, practice reading on moving street-cars, trains, and other similar vehicles. When this is not convenient, practice reading the finest print you can by slowly vibrating the card, so that the eye muscles will have to relax. You cannot read on a train or street car with any comfort unless you relax, because if you strain you cannot see the print. You can only see it when the eyes are relaxed. Many teachers and office people have greatly increased the strength of their eyes by reading fine print while going to and from their work on the street car. We have been taught just the opposite and because of this wrong teaching, nine out of every ten people in America have trouble with their eyes at some time in their lives; and when it once starts it usually continues to get worse. This is proven by the fact that the strength of their glasses has to be increased as the eyes become weaker. If the eyes were strengthened by the aid of glasses, people would wear them for a while and then discard them.

Exercise No. 5. Always read your microscopic print once or twice a day and practice reading it as close to the eyes as possible. This increases the strength of the muscles of accommodation. It is a good exercise for farsighted people and also a good exercise for people suffering with old age sight. If you cannot read the fine print you should at least try to, and keep on trying until you can, remembering that you cannot read it unless the eyes and mind are completely relaxed, which of course permits perfect circulation and relieves stagnation of the venous blood.

Exercise No. 6. This exercise you can take while walking, riding, standing or sitting or while you are talking with other people. Shift the eyes constantly. If you are at your office take a few minutes' time and practice shifting the eyes on a calendar, shifting from the top to the bottom, from one side to the other, then pick out some smaller object such as a figure or a letter and practice shifting in the same manner on such objects. If you are talking to a person, look at one of his eyes, then shift to the other, then back to the first and so on. In this way you will not be staring at him, but you will be increasing the strength of your own eyes by shifting them and not weakening

them by holding them fastened on one object for any length of time. After a while you will have formed the habit of shifting and you will not have to give this work any more attention. It will become a habit and you will automatically shift the eyes without effort on your part.

Measuring the Curvature of the Eye

CHAPTER VII.

The Universal Ophthalmometer, Fig. No. 18, is an instrument used for determining the

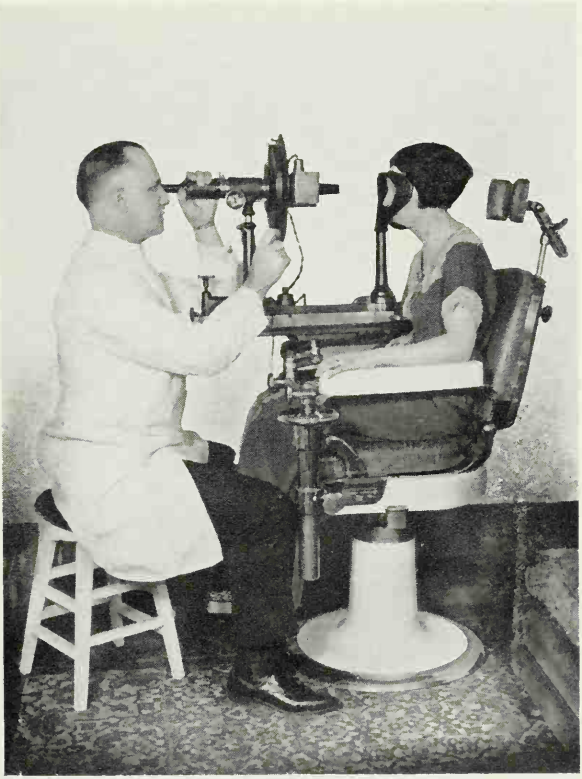


Fig. No. 18.

amount of corneal astigmatism and its axis. This instrument is recognized among practi-

tioners of ophthalmology and optometry as being very accurate. With this instrument it is not difficult to demonstrate that corneal astigmatism comes and goes the same as do other errors of refraction. Ophthalmologists of any great experience commonly admit that they have cases where the astigmatism not only changes in amount, but changes its axis. Still they prescribe glasses to correct astigmatism with the idea that there is no other way of overcoming it, taking for granted that it is a condition that is permanent. The cases that come and go are never thoroughly explained by the doctor who prescribes the glasses.

They simply dismiss them by saying that they are freak conditions. Now then, knowing that many patients can and do produce astigmatism at will, why is it not possible to correct this condition? Indeed, not only is it possible but it is a fact that is being demonstrated daily. The muscles attached to the outside of the eyeball contract and change the shape of the eyeball. The cornea, being a part of the eyeball, naturally has to change its curvature in proportion to the change of the shape of the eyeball. Astigmatism is caused by staring and straining to see, which results

in an unequal contraction of the eye muscles, preventing the cornea of the eyeball from remaining in its normal, natural, spherical shape. Astigmatism is also caused from toxins in the blood stream that furnish an irritation to the extrinsic muscles of the eye. In short, it is reasonable to believe that toxemia is responsible for much congestion and irritation to the eyes the same as it is responsible for congestion in other parts of the body; that it thereby produces various lesions which, in turn, through the nerve reflexes they initiate, cause the muscles attached to the eyeball to contract spasmodically and produce astigmatism of various kinds and amounts, with varied changes in axes. Correcting astigmatism by the use of glasses has become so common and so profitable that doctors of optometry and ophthalmology are very well satisfied to continue along the lines of least resistance. They therefore make no effort to determine the facts. Indeed, several physicians and optometrists have admitted to the author that they are convinced that astigmatism can be corrected without glasses, but knowing that the majority of their profession would criticize them for their attempts at a radical change from the old cut-and-dried rules they

continue to practice in the old way because of their fear of ridicule from other members of their profession who are not yet convinced of the facts pertaining to astigmatism and other errors of refraction. And of course we know that with the large investments many of these practitioners have in the glass business, we cannot reasonably expect them to throw out their immense stocks of glasses and the machinery that is used for their manufacture. But we can expect them to take the opposite stand by spending their time and money to prevent these facts from becoming generally known, for they would soon ruin their business. It is only natural for people in all walks of life to protect their financial interests; while on the other hand we always have had and always will have a large number of good, honest, conscientious people who get in a rut and stay there, never advancing with the times. That is why so few people are successful. They are always the last ones to try anything new, which results in their being held down and back. We all know people who have been contented and satisfied with their position in life. We see clerks who have never advanced from their first estate. We see bookkeepers, stenographers, school-teachers, law-

yers, doctors, and hundreds of others who practically stand still so far as advancement is concerned. These people will continue to wear glasses without making any effort to get rid of them, regardless of the fact that their eyes continue to get weaker and the strength of their glasses has to be increased in proportion to the decrease in the strength and efficiency of their eyes. It would not be so bad if they would be contented, themselves, with a continued loss of vision; but they invariably try to discourage the person who is willing and ready to make an effort to shake off and do away with his eye-crutches. All minds are subject to the influence of others. The proof of this statement can be found in the fact that few people go according to the dictates of their own minds. Some other mind decides for them and they never advance beyond the dictates of the deciding mind.

Men who are not afraid to step out and advance according to their own judgment always make successes. The same is true with patients who are determined to build up a strong, healthy pair of eyes. They always succeed because they are determined in their efforts and sincere in the undertaking of this work. While

the negative, unreasoning, unthinking type always remain in the background.

Fiy. No. 19.

Retinoscopy, (The shadow test, Skiascopy) is used as illustrated in Fig. No. 19. By different practitioners it is used in different ways. Sometimes it is used without dilating

the pupil and in other cases the pupil is dilated by the use of atropine and other mydriatics which paralyze the sphincter of the pupil and stimulate its dilator. The bad effects of these drugs have been recognized by the more scientific practitioners of ophthalmology for many years. And the more conscientious practitioners admit that they are contraindicated in glaucoma, and in persons who have a tendency to this disease. Reputable oculists are always careful to test the tension of the eyes in persons past middle life before instilling atropine. They know that blindness may be the result. Still they do not hesitate to use it in the eyes of little children and younger people, regardless of its bad effects. There is no doubt but that there would be much less blindness and much less suffering if no such materials were used in the human eye.

At this point I should like to call attention to the underhanded method that is used by the Medical Trust in subjecting people to these examinations. Whenever they write an article for any of the magazines, journals or newspapers, they usually close their article by advising the reader always to consult a class "A" physician when they have trouble with their eyes. The question then comes in, what is a

class "A" physician? He is a member of the American Medical Association or the Medical Trust. It is true that many honorable physicians are members, not because they want to be but because they have to be or they would not be permitted to take their patients to the hospitals that are controlled by the organization. So long as these conditions exist the innocent and ignorant public will suffer. The more intelligent public, however, is coming to see through the little scheme and is thereby able to avoid the dangers of a drug examination, just the same as more intelligent people do not buy patent medicine and the various cure-alls they see advertised, any more, although ignorant individuals still continue to buy everything from "Pink Pills for Pale People," to "Fat-Reducing Tablets for the Over-Fed," and "Monkey Glands for the Old and Feeble," so long as they are attractively and cleverly advertised.

People who have spectacles for sale and prescribe spectacles know that the eye-glass business will always be a thriving business so long as eye-glasses are well advertised. The same is true of physicians who prescribe drugs, serums and vaccines. They know that so long as it is possible for them to get a little publicity

in an ethical way the dear public will flock to them for prescriptions. Nor must we forget the ethical part. Ethical advertising is free advertising; unethical advertising is paid advertising. For instance the front page write-up about the physician who discovered that he could transplant eyes by the surgical removing of the organs from one animal and the grafting of them onto other animals was ethical advertising. But this has not yet become popular because people are yet too selfish. People who have two good eyes are not willing to give one of them to some less fortunate individual. Of course there is a possibility of a far-sighted man being induced to trade one of his far-sighted eyes to some person who is near-sighted, so that both would have one good eye for near work and one good eye for distance. But we cannot predict to what extent this new form of eye surgery will intrigue the public!

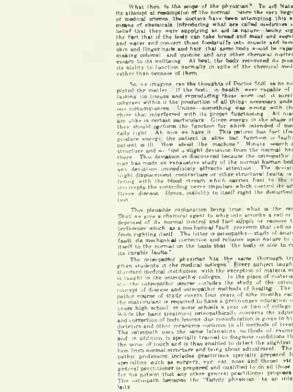


Fig. No. 20.

If you cannot read the above print keep on trying until you can. What we have been taught with regard to reading fine print is all wrong. The finer the print we read, the easier it is on the eyes, for the reason that we cannot read fine print unless we relax the eye muscles and when they are relaxed the circulation is perfect, therefore the eyes are not being deprived of their normal blood supply. In dealing with thousands of cases I have had a good opportunity to try both the new and the orthodox theory which, by the way, was never anything but a theory; as we have never had any proof of the statements made regarding the disadvantage and detriment of reading

fine print, while we can demonstrate that the patients who learn to read the fine print and then continue to read it day after day never have any trouble with their eyes. The strength of peoples' eyes always increases, and they are able to do more work after they have practiced with the fine print than they ever did before. You can prove this by giving it a trial and demonstrating for yourself. Seeing is believing. Remember now that you cannot read the fine print unless you relax the eyes and the mind, as we do not see with the eyes but with the brain. Hence the necessity of relaxing both the mind and the eyes. Keep in mind at all times that the harder you try to see the worse you do see. This will help you to relax.

Myopia (Nearsightedness) Can Be Cured Without Glasses, Drugs or Surgery

CHAPTER VIII.

For many years we have been taught that myopia, in common with many other eye conditions, was incurable. This is now being disproved in many instances. Myopia is brought about by staring and straining to see distant objects and not by straining to see at the near point, as we have commonly been taught. Nearsighted people usually have good vision for near work, but when they try to focus their eyes on distant objects their sight becomes blurred. This should convince any nearsighted person that it is the straining to see the distant objects that makes his condition worse; for by the persistent effort put forth in trying to distinguish distant objects, the superior and inferior oblique muscles contract, making the eyeball longer, producing what is call myopia (nearsightedness.)

In the past eye specialists, working under the illusion that these patients were born with long eyeballs, having not tried to cure their conditions by relaxing these contracted muscles. On the contrary eyeglasses have been

prescribed, which of course improve the vision; but the longer the patient wears the glasses the more helpless he becomes without them and after he has worn glasses for awhile his eyes gradually lose their functional capacity until it is necessary to have the strength of the lens increased. This practice has been continued over a period of years sufficient to prove that many nearsighted patients continue to have the strength of their glasses increased until they develop progressive myopia and go blind. If the glasses improved the eye conditions and strengthened the muscles, as many patients are led to believe, we would wear them for awhile and then discard them. But all people wearing glasses know that the longer they wear them the more dependent they are upon them.

Several years ago my attention was called to the fact that Dr. Bates and Dr. Harris were curing myopia and other eye abnormalities by a very simple method; but at that time I was still prescribing glasses. I had been taught to fit glasses and my patients were able to see much better with their glasses, therefore, I, like many other physicians, could not see why I should change my method just because a few other eye specialists had discovered a new

method. Of course I noticed that my patients had to come back every year or so and have the strength of their glasses increased. This did not seem right. If the glasses were supposed to help the eyes so much why should my patients have to change their lenses? Some of them would be compelled to change their glasses once a year; some every two years; while some would go for several years, but eventually they, too, would have to change them. This worried me considerably, so I proceeded to get in touch with the college professors and the leading oculists who had taught me how to fit glasses. I felt sure that I was doing the work the way I had been taught because my patients were getting relief, so long as they wore their glasses. Many of them did not have headaches, and many nervous patients were greatly improved; but somehow I was not satisfied. So I commenced to call on the different professors of ophthalmology. They told me frankly that the condition was the same with their own patients, and that nothing more could be done.

After a long and tiresome investigation I found myself back where I had started: prescribing glasses and practicing the same as other specialists. But one day one of my pa-

tients came into my office without his glasses. This man had had very weak eyes; he could not see to read or write without his glasses and his distance vision was so bad that he could not see clearly enough to drive his car. The first thing that came to my mind was that he had lost his glasses. His eyes had been so weak and he had been so helpless without them that he always carried an extra pair. You can imagine how surprised I was to find that he had come in to tell me his eyes had been cured and the error of refraction was no longer in existence. At first I thought he was only joking with me, but when he asked me to retest his eyes and see for myself I knew that he was serious. After testing his eyes and finding them to be perfect, and that he could even read microscopic print without glasses, I continued to question him further and found out that no drugs were used in treating his eyes and that they had not undergone an operation. This really was too good to be true, so I had him go through the exercises and explain to me in detail just how he had been cured. He also told me how he had watched this same doctor cure many other patients with the same method. The following day I called on several of the specialists and

told them what I had seen with my own eyes, but they did not seem to be very much enthused over the method and therefore did not give me much encouragement. But I did find out how to get in touch with the specialist who was doing this work. I wired him for an appointment, and as soon as I received an answer I boarded the first train that would take me to his office, and I did not come back until I was sure that I could cure errors of refraction without glasses, drugs or surgery. Since that time I have been teaching this method to other doctors.

In the past year I have not only cured several hundred patients, but have taught this method to more than one hundred doctors. Recently I made a trip to the Pacific Coast where I lectured before an audience of physicians. During one of these lectures a physician in attendance said that he had a very interesting case of progressive myopia that he would like to have me demonstrate on. The patient happened to be the physician's own son. He had taken him to oculists and optometrists and they had all agreed that it was a case of progressive myopia and that the only thing that could be done was to wear glasses and stop reading, writing and all close

work. In addition to all of these restrictions they had told the father that his son would eventually go blind.

After all of the case history had been taken and I had learned the names of the specialists who had so emphatically stated that the boy would go blind, I did not feel like making many promises. However, I knew that I could not do any less than that which had already been done, so I proceeded to test the young man's eyes. I found that his vision was 5/200 with the right eye and 6/200 with the left eye. In other words, the large letters on the test chart that he should be able to read at 200 feet he was only able to read at a distance of 5 feet with his right eye and 6 feet with his left eye. This will give an idea of how bad the vision was. Even with the strong, thick minus lenses he was wearing, his vision was not normal.

I asked the father if any of the doctors had called his attention to the fact that his son stared continuously? He said that they had not. I explained to him that it was the staring and straining that was producing the myopia; therefore that the cure would consist of teaching the boy how to shift and blink his eyes and how to palm and relax. When I first

asked the boy to turn his eyes one way and then another, he would invariably turn his head at the same time. He had been staring so long that the habit was a part of him. After some difficulty I was successful in teaching him how to shift and how to blink, then I taught him how to look at the sun and how to palm. (By palming I mean covering the eyes with the palms of the hands.) After a few minutes' time we had relaxed the eye muscles sufficiently to demonstrate that there was a slight improvement in his vision.

When the boy found that palming and relaxing helped his eyes, he asked me if he could do that too much. I explained to him that when he palmed he rested the eyes, providing he would relax and think of some familiar object without straining. I must say that he was not only an intelligent patient, but a very willing one. He averaged this practice of palming and relaxing for three hours a day. This was exceptional, of course, as most patients do not spend more than 20 or 30 minutes a day with their eyes, and even after they are cured they don't spend an average of two minutes a day in keeping their eye muscles in perfect tone. But the young man just referred to made such rapid improvement that

his father became intensely interested in the work and took the complete course. I have heard from him several times since and he informs me that in addition to improving the condition of his son's eyes, he has been able to help many other cases where glasses and drugs had failed.

It is indeed gratifying to receive letters from doctors in various parts of the United States as well as in foreign countries telling of the wonderful success they have had with some of the most obstinate cases that have failed to respond to other kinds of treatment. I am just in receipt of a letter from a physician in California who informs me that after wearing glasses for 38 years he is now able to do all of his work without them.

Another very interesting patient, a school teacher, came to me about one year ago. Her vision was 8/200, both eyes. She was a myope of high degree, being helpless without her glasses. She had worn them since she was 9 years old. She stated that she would willingly do anything to have her sight restored and get rid of the glasses. I thought I would test her sincerity, so I asked her if she would give me the glasses, which she did. I proceeded to teach her how to relax the contracted muscles

that were causing an oblongated condition of her eyeballs. After 30 minutes instruction her vision had improved from 8/200 to 20/200. She was so completely overjoyed that she became hysterical. In two months' time her vision became normal and there has not been a recurrence of her myopia. She has not worn glasses since.

Patients who discard their glasses at the beginning of treatment always get the best results. Where the glasses are worn part of the time or for special occasions and the patient continues to take the glasses off and put them on, the cure is always delayed. Right at this point I wish to state that some of these chronic, almost helpless cases, are some of the best patients; and that they take greater interest in the work than some of the easier cases who do not have so much trouble. The reason is that they realize the seriousness of their condition, while people who have little trouble with their eyes usually wait until it becomes serious before they give their condition consideration.

Another patient was a musician, who first came to me about three years ago with a very minor trouble. He had been wearing colored glasses to protect his eyes from bright light

for he had found that tinted lenses gave him relief in this regard. At that time he was wearing a light shade of amber. I explained to him that he should not wear the colored lenses and that his condition would become much worse if he continued to wear them. About six months later he called on me again; this time I gave him treatment and as quickly as he was relieved and the pain had disappeared he, of course, thought he was cured; therefore he did not follow my instructions, and a little later his eyes gave him more trouble. He then decided to see another specialist, who prescribed a stronger, darker shade of amber glass. He wore these for eight months. He then discarded them at the suggestion of the specialist and replaced them with a pair of glasses of still a darker shade. I felt in my own mind that he was slowly but surely losing his sight. As he was a friend of the family, I had an opportunity to watch him go blind. But the specialist who was treating him was a man of high standing, professionally. However, I could not offer any assistance until the patient had lost his sight completely. It was then that he returned to me for advice. When I explained to him that his sight could be restored and that 98 per cent of the work

would have to be done by him, he decided that he would do anything he was told to do and do it exactly as he was instructed. He did, and was cured.

As I have said before, the worse the condition the better the patient. Glasses are responsible for many conditions that can be cured, if only given a chance. However, I do not believe that all people wearing glasses can be cured, for the following reasons: First, some people will not help themselves; everything must be done for them. Second, there are some people who are too stubborn to admit that they are wrong, therefore they will not change their ways or habits.

A case of progressive myopia, complicated with astigmatism, was referred to me while I was out West. An oculist treating the patient brought the case to me to see if anything could be accomplished. I told him that if he would discontinue the drugs and discard the glasses I would be willing to try. In a week's time there was decided improvement. This physician was so convinced that he called in another specialist who had been working with him on the case and demonstrated that the patient's eyes were much improved. The other specialist, however, was too much elated

over his own success to become much interested in the work. He did, however, send me word that he would like to take my course of instructions if he could take it privately. He could not openly admit that he had anything to learn. He had built a big reputation because he was able to relieve pain by treating symptoms, not by removing causes.

Normal function in any part of the body is absolutely dependent upon normal structure, therefore abnormalities of the eye cannot be corrected by prescribing glasses to relieve symptoms that slowly but surely return until the real cause has been removed. Farsight, nearsight, astigmatism and presbyopia are not cured with glasses; they are only relieved.

We have been taught that reading fine print is bad for the eyes, but our teachers have never explained why many old people read the fine print of their Bibles up to the age of 85 or 90 years of age without the aid of a pair of glasses. The reason for these people not having to wear glasses is because reading fine print is very beneficial. Microscopic print is especially good and very healthful to people who have weak eyes, because they cannot read microscopic print unless the eyes are relaxed.

And when the eyes are relaxed the blood stream washes away the fatigue toxins.

As to eye exercise: there is probably more nonsense thought, talked and practiced in the matter of eye exercise than about anything else that people are vitally interested in. Some people boast of how violently they exercise their eye muscles as well as other muscles of their body, thereby over-developing them and causing much trouble.

The fundamental cause of eye fatigue is to be found in the individual cells. Active cells consume themselves just the same as a storage battery uses up the chemicals with which it is charged, and during the process of its functioning deleterious substances are produced which require immediate elimination.

When eye fatigue is the result of staring and straining to see, rest, relaxation and circulation contribute its cure. In order to have normal eye function we must have normal eye structure.

Relaxation of the eye muscles allows the blood and lymph streams to wash away accumulated fatigue toxins. Numerous laboratory experiments have demonstrated that an ex-

hausted muscle may be completely rested, relaxed and restored to its highest efficiency simply by washing it. This convinces us that a tired muscle, which is made up of numbers of myogenous cells, contains certain poisonous elements, the removal of which will restore its tonicity and ability to work. Natural fatigue is promptly relieved by rest and relaxation.

Neurasthenic weariness is chronic and requires more persistent effort on the part of the patient as it is not amenable to rest alone. It is an unnatural state and has to be dealt with accordingly. For this reason the osteopathic physician is far more scientific and his treatment far more effective for permanent results than is the temporary relief that is obtainable by the use of drugs, which do not tend to normalize but rather to paralyze or anesthetize.

Glasses do not normalize any of the muscles or structures of the eye. They only relieve symptoms and the eyes continue to get weaker and the patient continues to change the lenses and the muscles that are having the work done for them continue to atrophy and lose their tone, the same as any other part of the body will lose its tone if it is not active.

Surely it is not hard to understand that it is a crime to put glasses on children. Many children form the habit of straining and staring while they are still in the cradle or in mother's arms. The staring and straining is responsible for the eyes developing irregular shapes. Any mother who will devote a few minutes' time to the care of her children's eyes will soon find that weak eyes can be strengthened and crossed eyes can be straightened.

At this time I call to mind a little girl, aged 4, whose eyes were crossed. The mother came for advice and after instructing her how she could strengthen the baby's eyes she proceeded to carry out the orders. In two months' time she was successful in straightening her own child's eyes. By the same instructions many people have removed the glasses of children who apparently were thought to be incurable and hopeless without glasses. All things worth while require a certain amount of effort and only the more intelligent people are willing to make the effort. Perfect sight can be obtained if only the effort is made.

Cataract

CHAPTER IX.

A cataract is any opacity of the crystalline lens or of its capsule or of both. There are many kinds of cataract and many causes for the condition. We shall, however, not attempt to discuss them here as it would be possible to write a book on this subject alone. We shall take up only the important facts concerning the condition.

Errors of refraction are considered to be responsible for cataract in many cases. Since most cataract patients have either hyperopia, hyperopic astigmatism, diabetes, nephritis, trauma, or other conditions which cause complicated or secondary cataract, the most common examples are corneal ulcers, choroiditis myopia of high degree, glaucoma, and detachment of the retina. Since the predisposing causes of cataract are conditions that are brought about by violations of the proper use of the five essentials, then why is it unreasonable to believe that removing the cause will correct the condition, providing it has not reached the incurable stage? Indeed, we have no trouble usually with cataract cases, which proves beyond the question of a doubt

that they have violated many of nature's laws and are therefore paying the penalty exacted by nature for such violation.

The medical treatment for cataract is surgically to extract the lens by operation, which is the only means of relieving a patient with senile cataract, since no medical treatment, either local or constitutional, has any curative value. Operation then, is all the old method of practice has to offer when the cataract of one eye is mature. However, all specialists of experience know of many instances of spontaneous disappearance of cataracts during the incipient and even in the mature stage. But such occurrences are so rare that they are considered freaks and curiosities. Most cataract cases have had many pairs of glasses and a large percentage of them have found comfort in wearing smoked glasses which, although they are very comfortable, greatly hasten the maturing of the cataract and many times result in blindness. As a result of closing out the normal light and robbing the tissues of the eye of their normal stimulation from it, the lens naturally become more opaque and vision worse; whereas, if no form of smoked or colored lenses had been prescribed, but instead the more recent treatment of building up the circulation of the eye by the

proper use of undecomposed light and exercise had been used, nature could and would absorb the cataract and restore sight.

For many years I did not believe there was a cure for cataract, but after examining a case that had been cured by a non-medical practitioner, I made further investigation and found that many cataracts had disappeared while the patients were taking osteopathic treatment. I recently examined a case that was cured by blinking and shifting while looking at the sun. This patient would look at the sun from three to five minutes at a time, blinking and shifting the eyes, then palming and relaxing for five or ten minutes. The patient did this eight to ten times a day. He did not fatigue his eyes and the exercise and practice did establish venous drainage, thereby relieving the congestion and establishing a normal flow of arterial blood and lymph. And the use of the light as illustrated in Fig. 12 is without question one of the best methods for treating cataract and all other chronic eye trouble that has ever been developed. This light furnishes the yellow rays which are a motor stimulant, the red rays which are a sensory stimulant, and the infra-red rays which penetrate into the deeper tissues and increase their tone and efficiency.

Some cataract patients have also been cured by omitting acid-forming foods from their diet. The Creator has provided that about 90% of all foods shall be alkaline-base and only about ten per cent acid-forming. Animals eat accordingly and thereby avoid many diseases that are common with human beings who do not use the intelligence of the lower forms when it comes to selecting their foods. Civilization is doing much to promote cataract and diseases of all kinds. All highly refined and processed foods may become extremely acid-forming and thereby contribute to the production of cataract.

Cataract patients should also be especially careful about their breathing, as correct breathing oxygenates and purifies the blood as nothing else can. However, if there is no iron in the blood, no oxygen can be drawn through the lungs; hence the necessity of a diet containing a maximum amount of iron.

Exercise is likewise essential, for it distributes the energies and equalizes the circulation. It makes no difference what condition we are treating, we are always brought directly back to the facts governing health, which are the proper use of air, food, water, exercise, and mental attitude.

After writing this book, I read the following article in the "Kansas City Times," Wednesday, January 28th, 1925:

ECLIPSE BROUGHT HIM SIGHT

New Jersey Man Throws Away Glasses Used Seven Years.

Lodi, N. J., Jan. 27.—As the result of looking directly at the eclipse of the sun last Saturday, Louis Pretola, 54, claims to have regained his eyesight after having been unable to see without glasses for seven years due to cataracts.

Pretola had undergone four unsuccessful operations for removal of the cataracts. After he had gazed at the sun without smoked glasses he suffered severe pains but within a few hours his sight began to return to normal and he discarded the strong glasses he had worn seven years.

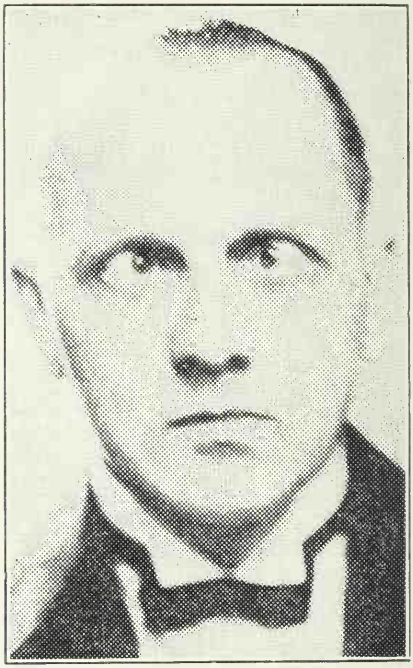


Fig. No. 21.

In Fig. 21, you will see a picture of a pair of eyes which have been crossed more than one hundred thousand times regardless of the fact that we have been taught that looking cross-eyed weakened the eyes and there is danger of their remaining crossed. The fact is that just the opposite is true. To practice looking cross-eyed has not only strengthened my eye muscles but has increased their efficiency to such an extent that I can do ten

times the work with my eyes since I discarded glasses and began to practice the different methods explained in this book. Practicing the above exercise a reasonable number of times each day, has proven to be one of the best methods for straightening crossed eyes.

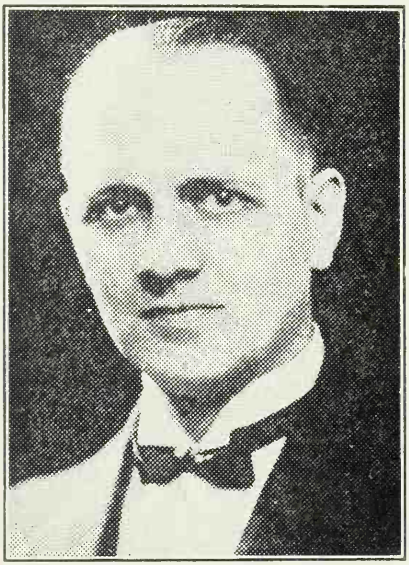


Fig. No. 22.

In Fig. No. 22, the same pair of eyes that have been crossed as explained under Fig. No. 21, are not only straight and strong and healthy regardless of the fact that they have practiced blinking and shifting at the sun many times a day during the past year. They

also read the very finest print that is possible to read and have practiced all the exercises that are outlined in this book, many, many times due to the fact that this has been necessary in order to demonstrate the work to other people.

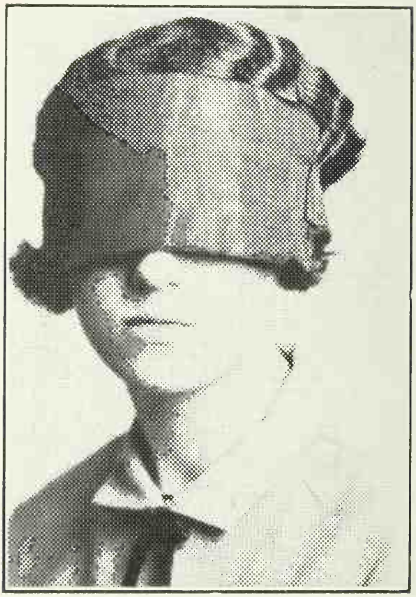


Fig. No. 23.

In Fig. 23, you will see a picture of a patient wearing a black covering over the eyes. This covering is so arranged that it excludes all the light. For some time, I used this to take the place of palming thinking that

I should be able to secure better relaxation. With the patients who used this however, we were not able to get the results that we did by the palming method although there is no doubt about its having some value, I cannot recommend it to take the place of palming. Some of the patients who are too lazy to practice the palming have continued to use it but at the same time many of them have admitted that they relax much better when practicing palming, while a small percentage claim to relax better by using the above eye covering. One of my students informed me that he was able to get his patients to relax by placing them in a dark room and asking them to close their eyes. I experimented with the dark room, and the eye covering long enough to convince myself that neither of them was a good substitute for palming.

IMAGINATION AND VISION

One's imagination has much to do with his vision. I have had many an opportunity to examine patients whom I have found to be Hyperopic, wearing lenses to correct Myopia which is just the opposite condition. Still, they have assured me that they got much relief from wearing glasses, when in reality the

glasses could not possibly help but make their condition worse. I have examined other patients who had no Astigmatism, yet who were wearing glasses to correct Astigmatism. The same is true of many other troubles.

PTERYGIUM

A Pterygial growth is brought about by staring, straining, wind, dust—in fact by any condition that will irritate the conjunctiva. Pterygium occurs more commonly in elderly persons who are exposed to wind and dust, such as masons, coachmen, sailors, farmers and travelers. It is not common among professional people and others who do office work. The treatment consists of removing the cause and if the pteryguim is of long standing, it will have to be removed or transplanted. But in the early stages it can be absorbed by the use of the carbon light heat, and burning glass, together with strict adherence to the laws of nature.

NYSTAGMUS

Nystagmus is characterized by a rapid and short involuntary oscillation or rolling movement of the eyeball. It usually affects both eyes, and is associated with defective vision. It is produced by staring, straining, and the excessive eating of acid-forming foods. Upon questioning a patient, age 25, suffering from nystagmus, complicated with myopic astigmatism and constipation, we found that he was eating as follows: breakfast—ham and eggs,

hot cakes and coffee, or sometimes rolled oats, hot biscuits, bacon and eggs. His noon meal consisted of chicken, veal or steak, fried potatoes, white bread and butter, and salad; his evening meal of beans, rice, corn, oysters or fish with pie, cake or ice cream. We treated this patient for about thirty days with no results, although he practiced his breathing exercises and was very careful about his physical exercise. He did not see why there should be any change made in his diet. However, six weeks after his diet had been changed to two meals of fruit and one of vegetables daily, making sure that he did not combine the fruits and vegetables at the same meal, there was a marked improvement in his nystagmus and his vision was also improved. His constipation was completely cured, his complexion cleared up and all the pimples disappeared from his face. All of which illustrates that by discontinuing the foods which formed the toxins, and by replacing them with foods that were easily digested and assimilated, his blood stream was purified and the irritating toxins were no longer present to cause spasmodic contraction of the muscles. The more I investigate and the more I see of people in general, the more thoroughly I am convinced that

the old doctor was right when, after 40 years of practice, he said: "Ignorance and laziness are the two principal causes of disease as well as of weak eyes and blindness."

GLAUCOMA

Glaucoma is a common disease of the eye. It is characterized by increased intra-ocular tension. There are many varieties of glaucoma. Most authorities are agreed that the cause is unknown and they also agree that the prognosis is bad in every case. Eye specialists, however, know that in such cases the patients are all suffering from some of the following conditions: Arteriosclerosis, cardiac diseases, gout, toxemia, constipation, errors in diet, emotional complexes, especially of a depressing character, worry, insomnia and many other diseases.

When a glaucoma patient consults a specalist he is usually told that the prognosis is bad and that nearly all cases go blind. The next thing he is told is that an operation is the first method of procedure, a non-operative regimen the second and general treatment the third; and that none of these methods are very promising as to results. Is it any wonder that the patient goes blind? Surely he has had

enough discouraging information given him to intensify his depressing emotions, and thus to increase worry and fears regarding anything else that might be wrong.

Since the cause of glaucoma is unknown as is also the cause of many other conditions, why not give the patient the benefit of the doubt and thus every possible chance for recovery? Why not explain to him the necessity for changing his diet, and teach him how to relax to relieve the intra-ocular congestion and tension? A patient age 59, who had been suffering with glaucoma for some time, consulted one of our leading oculists who advised immediate operation. This the patient agreed to. Following the operation the tension was relieved for a short time only. Then another operation was performed, followed by a shorter period of relief. This operation continued until six operations had been performed and the patient had completely lost the sight of the right eye. Then the left eye was operated upon without success. A second operation did give some relief but only for a short time. It was then that the patient consulted the author.

On questioning her I found that the eye surgeon had not taken into consideration

an obstinate constipation, insomnia, and neurasthenia, from all of which the patient had been suffering. She had told him about the insomnia and constipation and he forthwith had prescribed a laxative and some sleeping powders. The patient was living on a protein diet, was not drinking more than one or two glasses of water a day, was not taking exercise of any kind and did not know how to breathe correctly. All of these things that are so essential to health had been absolutely ignored. Indeed, even when they are not ignored they are usually treated so lightly and their importance emphasized so little that patients are not made to realize their absolute importance! Is it any wonder, then, that drugless practitioners, who take the time to explain to their patients the necessity of correct living always secure a higher percentage of results than do the doctors, who pay little or no attention to the importance of the five essentials?

Not all medical doctors are alike. Many of them have learned that medicine cannot and will not cure; therefore, they do not prescribe it. This is demonstrated by the fact that medical doctors are installing increasing quantities of electrical equipment all of which, however, are for the purpose of relieving symptoms

only and not for removing their causes. Electrical treatment, though, is proving to be more successful than medical treatment because it really has its good qualities and is more consistent with the laws governing health. And it goes without saying that medical doctors who have resorted to the application of electrical treatment are more apt to give their patients better advice regarding their modes of living. People who live properly, naturally avoid these distressing conditions of the eye, as well as diseases in general. Glaucoma can be cured if taken before the surgeon has done his damage and in some cases it can be cured (where too many operations have not been performed), by the simple application of air, food, water, exercise and mental attitude.

The way glaucoma is usually treated reminds me of the way in which the little boy was trying to clear the water in the creek by dipping it up and pouring it back. His father who was watching him, finally shouted to him to go up the creek and drive the hog out that was making the water muddy and when he did so, the stream ran clear. Similarly, in this connection, when the cause is removed by eliminating the toxins in the blood stream and thus purifying it, the eye will again receive its

normal quota of pure, clear, healthy blood and will again come to function normally.

Surgery and drugs never have cured glaucoma and they never will. It is the toxins in the blood stream that cause the irritation and contraction of the different ocular tissues giving rise to congestion, which in turn causes increased intra-ocular tension and ultimate blindness. The treatment for glaucoma consists of fresh air, proper food, pure water, sufficient exercise and the prompt and complete elimination of toxemia and depressing emotion.

The light and burning glass as illustrated in Fig. 12, chapter 4, has been used with good results and affords a speedy relief of most of the symptoms. With this treatment patients have been relieved of pain in five minutes.

Home Treatment

CHAPTER X.

Among the most important of the different natural methods used for ocular relaxation is palming. Indeed, palming is one of the most effective measures for relieving eye strain known. By it is meant the covering of the closed eyes with the palms of the hands in such a way as to exclude all of the light, while avoiding pressure upon the eyeballs. Most people are able to secure some degree of relaxation in a few minutes so that when they open their eyes they find their vision is temporarily improved, because the blood has had an opportunity to circulate more freely through, and to carry nutriment to the different cells, which is, of course, very essential. For when the circulation of the blood and lymph is interferred with, the tissues suffer from want of nourishment.

When relaxation is complete, the patient sees, when palming, a black so deep that it is impossible to remember or imagine anything blacker. Such relaxation is always followed by a complete and permanent cure of all errors of refraction (far sight, astigmatism, near sight, and even old age sight.) The flashing

of the eyes is another method that is very beneficial for securing relaxation. Close your eyes and rest them, remembering some color. Keep them closed until they feel rested or until the feeling of strain has been completely relieved. Then open them and look at the first word or letter of a printed sentence for a fraction of a second. If you have been able to relax, partly or completely, you will have a flash of improved or clear vision, just as you open the eyes. After opening the eyes for this fraction of a second, close and keep them closed again until they feel rested. Then open them once more for a fraction of a second. Continue this alternate resting of the eyes and flashing of the letters for a time, and you will soon find that you can keep your eyes open longer than a fraction of a second without losing the improved vision.

"Swinging" is another simple method of relaxing. Close your eyes and cover them with the palms so as to exclude all light, and shift them mentally from one side of the black letter on the chart to the other. As you do this, the mental picture of the letter will appear to move back and forth in a direction contrary to the imagined movement of the eye. So long as you imagine that the letter is moving or

swinging you will find that you are able to remember it, and the shorter and more regular the swing the blacker and more distinct the letter will appear. Take the exercises regularly as outlined under Fig. 17, with the "AB" test chart.

Always blink the eyes 100 times when you first get up in the morning. Then close them tightly five times. Always splash cold water in them, night and morning. In addition to cleansing the eyes, the cold water stimulates the circulation and gives to the eye ball that clear, healthy, brilliant effect that cannot be obtained in any other way. Always practice blinking and shifting at the sun several times each day for a few minutes each time and remember to take your breathing exercise, which is one of the most important of all the regimen.

Food is also very important. The food you eat must contain a sufficient amount of iron to assist in the distribution of oxygen. Until after all of the eye symptoms have disappeared, it is advisable to eat fruits for breakfast, vegetables for dinner and fruits for supper. Do not eat fruits and vegetables at the same meal. Vegetables that are high in color contain the most iron, such as spinach,

lettuce, beets, carrots, radishes, turnips, endive, greens, etc. Then too, gooseberries, blackberries, strawberries, and the whole grains, also honey, brown sugar, molasses and maple syrup are very good for people suffering from eye trouble. The inorganic iron that is found in the iron tonics that are purchased from the drug store cannot be handled by the system. Therefore such preparations only create a false appetite and eventually do more harm than good.

Next in importance to food is water. Your body is more than 70% fluid, hence the necessity for water. If you do not drink a sufficient amount of fluid to take care of the body needs, then you are causing the body to extract all the liquid from the intestines, leaving your waste material in a dry, hard condition which in turn tends to clog up the bowels and leave the inside of the body in an unclean, unhealthy state, loaded down with toxins.

When you begin to build up your eyes you should also begin at the same time to build up your general health, because the blood that circulates in your eyes is manufactured by your body. If your body is diseased or in a weakened, run-down condition, the quality of the blood it manufactures will also be de-

ficient. And the eyes will never become strong and healthy so long as they receive a poor quality of blood.

The next thing of importance is your daily exercise to distribute the body's energies and to equalize the circulation.

Then we have thought to deal with. It is an old and true saying that man is literally what he thinks; therefore your thoughts have much to do with your general health. Destructive thoughts and emotions cause the body cells to tighten up and stop functioning. The glands of internal secretion also lock up and fail to work properly, which results in a body below par due to the destructive thoughts and emotions which cause the body cells to throw out poisonous substances into the blood stream which are soon carried to the eyes.

You can see the importance, then, of right thinking. Cheerful thoughts cause a normal functioning of the cells throughout all parts of the body. And surely you have noticed that people who are always telling their troubles, telling how badly they felt when they had the pneumonia or the toothache, or when they hit their finger with the hammer, and who continually relate their troubles, are always sick-

ly, haggard, and worn looking and perfectly miserable, discontented individuals. In practically every home, shop or office you will find one or more of these mentally depressed, negative, whining individuals. Always remember this: people are not interested in your troubles. Keep them to yourself, or shut yourself up in a room and talk them out to yourself. Get them out of your system, but don't do it by making your own condition worse and irritating some one else who, out of sympathy for you, listens to your tale of woe. Learn to talk about the more pleasant things of life. Learn to say that you are feeling better every day and live in such a way that it will be the truth. Learn to say that your vision is improving and be faithful and take your exercises and practice as outlined and you will always be improving your vision, your body, and your mind. Remember that only the ignorant and the lazy, fail. Surely you do not want to be classed as either.

CONSTIPATION

All physicians are agreed that constipation is responsible for much disease, and that the causes of constipation are a lack of water, an unbalanced, processed or devitalized diet, over-eating, lack of proper exercise and insufficient fresh air.

Constipation may be acute or chronic. In either case it is dangerous to ignore the destructiveness to body tissues caused by a lack of regular bowel movement, which results in an accumulation of poisons in the system due to incomplete elimination from the colon.

People who suffer from constipation and who do not wish to become dependent upon the use of cathartics should use the internal bath, or enema, until a change of diet and proper exercise establish regularity of bowel activity, for unless the body habits are corrected by proper living, constipation will continue in spite of any treatment. The washing of the large intestine with warm water, occasionally, prevents the accumulation and reabsorption of poisons into the blood stream, due to a sluggish condition of the bowels. The occasional use of the enema will not deplete the tone of the intestines nor form a habit as does the use of cathartics. Do not use many enemas and never a great quantity of water at a time.

Drugs produce an abnormally excessive temporary stimulation to the nerves of the inner lining of the intestines, and the reaction leaves these nerves weakened and many times they are practically paralyzed. The enema, or internal bath, mechanically washes out the colon and will not have to be used after the diet

has been regulated and the benefits derived from air, food, water, and exercise, has been established. You should not take many hot baths. A cold shower or brisk rub after the morning exercise will keep the skin in a healthy condition while hot baths are weakening and destructive to body tissues.

Exposing the body to the rays of the sun is especially beneficial in restoring health to the skin so that it will permit free elimination of perspiration, which is one way the body has of expelling toxins. These cause nervousness and are often responsible for skin diseases.

Grape fruit, limes and lemons are very useful and essential as medicinal food. They increase the flow of gastric juice and aid in preserving an antiseptic condition of the stomach and intestines. Lemons and grape-fruit should be used freely by people suffering from constipation or having rheumatic tendencies. They stimulate the liver and help to prevent constipation the same as do other fresh fruits. Vinegar is less wholesome than lemon juice and is subject to many adulterations. It should therefore not be used in making dressings for salads. Lemon juice is far superior. Many chronic cases of constipation have been cured

by drinking a glass of hot water with the juice of a lemon in it at bedtime; also two glasses of cold water in the morning drawing in the abdomen several times so as to churn the water around in the stomach before it passes into the intestines so that it will carry with it the mucus which has accumulated. Then a glass of orange juice should be taken or a grapefruit without sugar eaten for breakfast, and nothing else until noon. Vegetables, with soup and no bread or butter, will suffice for luncheon. Then for the evening meal it is best to eat nothing but fruit. A glass of water should be taken every hour during the day. This plan should be continued until all the symptoms of constipation have disappeared and the bowels are functioning normally.

Why does the doctor always ask the patient on his first visit, "When did your bowels move last?" Simply because all physicians know that they cannot cure any disease or even relieve it unless they can get elimination of the poisons and toxins through the bowels and kidneys. If, the next time you are feeling badly, you will stop and take an enema and wash out the bowels, you will recover very rapidly and will save yourself much suffering as well as a doctor bill. The first thing the

doctor should do when he is called, is to start elimination. Why not start it yourself before he is called and wash the poisons out of your system before the damage is done? Constipation is a result of ignorance or laziness. Constipation always affects all parts of the body, hence the importance of understanding how to overcome and prevent this condition.

Whenever you feel below par, stop eating and start house-cleaning inside. Your body is subject to toxemia and is trying to eliminate. Therefore give nature every chance to eradicate the cause and thus to prevent disease. And remember: very few doctors know anything about the care of the human body. If they did they would not spend so much time doctoring symptoms. If the American Medical Association and The Medical Societies really wanted to be of service to the people, they would spend a little more time in teaching people how to prevent disease and not so much time in figuring out how to manufacture serums, vaccines, and dope, which undoubtedly do prolong and complicate many diseases. What the body is trying to do is to rid itself of poisons. Then why should more poison be taken into the system? Medical societies and the Medical trust are organized

for the purpose of passing laws which give themselves greater power and more authority, but which do not always react in better health for the public. The word doctor means teacher—how few who bear the title seem to realize its true origin and meaning!

ARE YOU CORRECTING CONSTIPATION OR MERELY RELIEVING IT?

To purge and physic one's self is merely a way of removing the effect of constipation—the cause remains. To take a laxative or physic means to force the bowels to move,—and the more this is done, the more certain will be the condition of chronic constipation because nothing has been done to tone up and strengthen the bowels and intestines. They have only been forced to act. Taking enemas is merely another way of forcing them to act unnaturally and when one or two quarts of water are taken in as an enema, this in a very short time causes a weakening and ptosis of both the large and small intestines.

If you wanted to strengthen your arm, tone and increase the size of the muscles, you would know better than to try to accomplish this by bathing or taking internal medicine.

Experience has taught us that it can only be done through correct dieting and exercise. Experience has also taught us the same thing about correcting constipation but the majority of people give this no thought or consideration; therefore, the condition has been relieved and not corrected. Try the following and you will soon be convinced that constipation is a simple thing to cure:

Before retiring take about five to eight minutes physical exercise to free up the circulation, moving all parts of the body; giving the muscles and tissues an opportunity to throw off all their fatigue toxins by freeing up the circulation.

The first thing when you get up in the morning, drink two glasses of cold water and take one injection of cold water per rectum with small colon irrigator, then lie down on the back; continue to draw in the breath and let it out; follow this by gently kneading with the hands all of the intestinal tract, this tones the intestines and gives them a good bath in fresh, cool water at the same time washing out all the mucus from both the stomach and intestines. This has been effective where the warm water enema has failed. The cold water causes the blood to rush to these parts to heat

them to a normal body temperature. This change of circulation gives new tone and vitality to the stomach and intestines. By doing this, you have strengthened them and as a result, normal movement of the bowels will be brought about by this natural method of increasing their peristoltic action.

Several years ago, I decided to experiment with the above method and used to advise many of my patients to try about ten or twelve ounces of cold water but I found that three or four ounces of cool water would give even better results and no discomfort, making it practical with children as well as adults. Later on, I secured a special colon irrigator which held the exact amount of water. I gave these out to my patients, with typewritten instructions for their use. The many hundreds of letters I have received convinces me that my time was well spent as many cases of chronic constipation have reported that they have had no recurrence of their chronic constipation and that their general health has been much improved by being able to properly eliminate this waste from their system in the place of reabsorbing it and always feeling tired and worn out as a result of the absorption.

It is wonderful what can be accomplished by simple methods when people are willing to try.

Thousands of physicians feel the same as I do about this matter but for fear of the Medical Societies and the Medical trust they dare not express themselves. As one good doctor said to me a short time ago, "It would be a very easy matter to teach people how to prevent disease and avoid all the suffering caused by it." He stated that he was sure schools could be started in the different communities and that the expense would not be so great but that everybody could attend and in a very short time learn how to take care of their bodies in such a way as to keep them at all times immune to disease. But he said "The Medical Trust is so strong and so well organized that it would crush such a school before it could be well organized." I, however, do not believe this is true; for the people are beginning to see these things for themselves and the time is now ripe to start such an organization and to extend such teachings to all corners of the earth.

TONSILITIS AND ADENOIDS

Diseased tonsils are responsible for much eye trouble, as they are constantly pouring poisonous substances into the blood stream which are forthwith carried by the blood to the eyes. This poison irritates the ocular tissues and thereby causes a contraction and congestion which results in impaired vision. Once tonsils are diseased, they are very seldom restored to health. Diseased tonsils not only effect the eyes, but they effect the functions of the kidneys, the heart, the liver, and all parts of the body through a general distribution of pus, germs and poisons by the blood stream. The only way to cure tonsilitis is to build up the resistance of the body by following the instructions given in this book regarding the elimination of toxins.

People who do not violate nature's laws do not have tonsilitis, and therefore do not have infected tonsils. Thousands of tonsils have been removed needlessly, because of a lack of the application of a little common sense in their care. On the other hand, there are a large number of cases that are allowed to go to such a stage that they can never be cured and the removal of the tonsils in such in-

stances is absolutely essential to health; indeed it is the only way that eye trouble caused by infected tonsils therein can be cured. The removal of tonsils that are badly infected has resulted in a speedy recovery from diseases in general as well as from diseases of the eye. And bear in mind also that tonsils properly removed never grow back, thus necessitating a second operation.

Adenoid tissue which contains pus is poisonous and destructive to other tissue and should be removed. The same is true of teeth that have passed beyond the stage of repair. Infected teeth, tonsils and adenoids are all results of an accumulation of poisons in the body that would not have occurred had the laws governing health been adhered to. Little children who are permitted to eat meats, candies and foods of an acid-forming base are susceptible to all the children's diseases because of a lowered resistance and a lack of immunity to disease. Even the bread we eat is usually so highly refined and devitalized that it is no longer fit for human consumption. Whole-wheat bread is always preferable. Manufacturers of breakfast foods, cereals, and flour do not cater to your health; they are interested only in giving you the food that is most

palatable and salable to you, and most profitable to themselves. This is a day and age of finance and profit. If food can be made more attractive and more salable by the elimination of the better parts, using only the more refined acid-forming elements, it is manufactured accordingly. And people who do not understand food values suffer as a consequence. It is not hard to figure out then why we have infected tonsils, teeth, adenoids, weak eyes, digestive disturbances, kidney trouble, rheumatism, etc.

To prevent infection of the tonsils and teeth abide by the laws underlying health. Do not live in accordance with these laws one day, and then violate them during the balance of the week!

Astigmatism; Its Cause and Treatment

CHAPTER XI.

Astigmatism is a defect of the eye in which light rays entering through the different meridians are not brought to a focus on the retina. There are several kinds of astigmatism. For example there is compound hyperopic astigmatism which is brought about by staring and straining to see at the near point. Then we have another condition called compound myopic astigmation which is brought about by staring and straining to see distant objects.

As it is not the intention of the author to try in any way to make an eye specialist out of the reader, only the four most common of these conditions that we have to deal with will be explained here.

For many years past I have prescribed glasses to correct astigmatism. Ophthalmology has taught us that astigmatism is a condition that cannot be cured or corrected, but can only be relieved by the aid of cylinder lenses. My investigation and treatment of astigmatism, however, has proven that this old teaching is wrong; for since we have discovered

that astigmatism comes and goes, as do many other errors of refraction, we are brought face to face with the fact that if it can change its course and amount, which we now know often happens, then the condition that causes astigmatism cannot be corrected by prescribing glasses, which act only as a crutch to relieve the condition, but do not remove it. And since its sole cause is straining and staring to see, which contracts the eye muscles, pulls the eyeball out of shape and thus produces the lenticular or other irregularity, the correction and only sane and sensible treatment for astigmatism consists in removing the cause, which is accomplished by relaxing, building up and normalizing the muscles and by thus abolishing the straining and staring.

Corneal Astigmatism.—This is due to an irregularity in the curvature of the cornea which affects its refractive power. The cornea is that transparent structure which forms the anterior part of the external layer of the eyeball. It is composed of five layers and is continuous with the sclera.

The sclerotic coat or sclera is the hard, white, fibrous membrane which, with the cornea, forms the outermost coat of the eye. The cornea fits into the sclera just as a crystal

fits into a watch. When the muscles on the outside of the eyeball, attached to the sclera, contract unevenly and pull the sclera out of shape, there is no other thing for the cornea to do except to change its curvature in which case we have an irregular condition of the cornea producing corneal astigmatism. And this is brought about, as you see, by a simple change in the action of the muscles attached to the sclera.

This condition is often produced by staring and straining to see unfamiliar objects. For instance I recall the case of a man 42 years old, who had suffered from astigmatism and the annoying symptoms caused by it. In spite of the fact that this gentleman had worn glasses for many years, his headaches and astigmatism still persisted. In questioning him and taking his case history I found out that he had had his glasses changed many times and by some of the best specialists in the city. As the glasses prescribed from time to time were of different strength and no two prescriptions agreed, he became very much disgusted with the local eye specialists and journeyed all the way to New York to see what he believed to be the world's most noted eye specialist. But he was again disappointed

when he found that the glasses prescribed by the New York specialist did not give any more comfort than did the glasses prescribed by the local specialists, for the reason that his astigmatism was constantly changing in amount as well as changing from one meridian to another. After testing his eyes I called his attention to the fact that he admitted that there were times when his vision was perfectly normal, and that at other times his vision was very bad. When reading, the lines would run together or the letters would mix up and become blurred, and distant objects would be irregular in outline or shape and very indistinct. At the very beginning I knew that I was going to have a hard time with this case because the patient had lost faith in eye specialists and was not very enthusiastic over the diagnosis made by any of them, myself included; so I started to ask him questions.

The first question was this: "How many people do you know who have been cured of their eye trouble by the use of glasses? I mean cured so that they could discard their glasses." He immediately answered that he did not know any. Then I told him to go back to his place of business, where he employed several hundred people, and ask

each one of them who wore glasses to meet him in his private office that evening after work and to ask them the following questions: "How long have you worn glasses?" "How many times have you had the lenses changed?" "Was the strength of the glasses increased or decreased?" "Have you noticed since you started to wear glasses that you have been practically helpless without them?" "Do you feel that you could get along without them at this time as well as you could before you started their use?"

The next day when he returned to my office he told me that out of thirty-four employees wearing glasses there were twenty-seven who had worn glasses over one year. Out of twenty-seven there were twenty-five who had had their lenses changed all the way from one to twelve times. And in all cases, the strength of the glasses had been increased with the exception of two who were not interested enough in their eyes to ask the oculist if he was increasing or decreasing the strength of their glasses. These two cases did not know but the others were so positive and so much interested that they gave the information very freely.

This experience convinced him that he did

not want to try glasses any longer, even if he could find lenses suited to his eyes that would relieve his headaches and give him comfort. He was so convinced that the longer he wore glasses the more helpless he would be without them and the weaker his eyes would become that he was willing and ready to follow instructions. I explained to him that it was the staring and straining that was producing his astigmatism and that the constant effort he was making in trying to improve his vision was responsible for making his vision worse. I had him, just for the sake of argument and illustration, to hold his arm out straight for ten minutes. This he tried to do but in a few minutes complained that his arm had begun to ache and became so painful that he had to drop it and let it rest. Then he said, "Why did you ask me to do that?" I told him that it was to illustrate the effect on any muscle of holding it in one position continuously. Then I explained to him that when he held his eyes fastened on one object for any length of time he irritated the muscles and caused them to contract; that during the time they were contracted they shut off the circulation of blood and lymph to the organs; that as a result the different structures of the eyes became con-

gested, causing pressure on the nerves; and that through nerve reflexes other parts of the eye became disturbed, causing the eyeball to change its shape and to become abnormal. For we cannot expect any organ of the body to function normally when its structure is abnormal. It was not hard, therefore, for him to understand why he should change the focus of his eyes by blinking, shifting and rolling the eyeballs in different directions.

When I had explained to him that it would be necessary for him to practice palming and relaxing in order to relieve the tension of these muscles and permit the blood to circulate freely he began to follow my instructions. After the first treatment he noticed a little improvement. In one week's time the improvement was so great and the symptoms had disappeared to such an extent that he became very enthusiastic and invited me to talk to his employees in order that he might arrange a class for them to take instructions so that they would discard their glasses. This gentleman has two sets of exercise charts with instructions, one that he keeps at home and the other at the office; and his faithful practice with these charts has enabled him to increase the efficiency and tonicity of his eyes to such

an extent that he is now able to do more work without glasses with a greater amount of comfort than he was ever able to do at any time while he has wearing them.

We have been taught that astigmatism is incurable, but this is only one of the many cases where we have demonstrated that the teaching was wrong. We know that the muscles of the arm or of any other part of the body can be developed, as we see wonderful examples of great muscular development in wrestlers, prize fighters, baseball players and athletes of all kinds. Then common sense and a little reasoning should tell us that the eye muscles are just as large in proportion to the function they perform as are any of the other muscles of the body; and, therefore, that they too can be developed just the same as any other muscles. It is only a matter of giving them the proper training and an opportunity for development. We cannot, however, expect glasses to develop the eye muscles, because glasses relieve the muscles of the work nature intended them to do. In other words; the glasses are to the eyes just as a sling would be to an arm. If we put an arm in a sling and leave it there for any length of time, the muscles will atrophy and lose their tone and when

we take the arm out of the sling we will find that we have to exercise and manipulate it, freely moving it around in order to bring back the tone of the muscles. And if we have left it in the sling too long, it may be that such excessive atrophy has taken place that we will have lost the use of the arm entirely.

The same is true of the eye muscles. People have been wearing glasses for many years and glasses have been prescribed by competent practitioners for a long, long time. Still eye conditions seem to get worse and people are now having more trouble with their eyes than they have ever had. In years gone by, when glasses were practically new, people did not have the trouble with their eyes that they are having today. It is true that we are doing much more close work, such as reading, writing, and office work; and much more focusing at the near point than people used to do in the earlier days. But this does not offer a reasonable excuse for the many bad eye conditions we find. Men and women working with their hands and arms do not lose control of their hands and arms by using them. They only increase their efficiency in the work they are doing, as practice makes perfect. But the fact that we have been taught so many things

about the eye that are absolutely contrary to the laws of nature is responsible for many of the bad eye conditions we have. For instance, we have been taught that the sun is very detrimental to the eyes. This has been disproven by hundreds of patients, who during the past year, have practiced blinking and shifting at the sun, have taken their exercises out in the open and have not had the trouble with their eyes that they did before, when they were wearing shades and colored lenses for the purpose of shutting out the sunlight which was the very agent that would cure their condition if permitted to work in accordance with the laws of nature.

Animals that are out in the sunlight all day long without eye shades, looking around continually for their food, do not have eye trouble. The same is true of people who work out of doors and get the sunlight. On the other hand miners, who work under ground and shipping clerks who work in dark places always have inflamed eyeballs and eyelids, due to the fact that the sun's rays do not stimulate to action either the meibomian glands or the lacrimal glands and therefore the eyeball is not moist and lubricated as nature intended it to be. The same things are

true of the eye as of everything else. Whenever the laws of nature are violated the price has to be paid; and it can never be paid with money. It can only be paid with functional loss and tissue destruction in the part that is suffering from lack of co-ordination with the laws of nature.

Astigmatism can be cured by the same simple methods that have produced cures when applied to other eye conditions such as hypermetropia, myopia, and presbyopia.

Mixed astigmatism is only another condition that is brought about by unequal contraction of the extrinsic muscles of the eye and is responsive to the same line of treatment, i. e., blinking, shifting, relaxing, palming and resting the eyes, thus permitting free circulation of the blood and lymph.

PRESBYOPIA, ITS CAUSE AND CURE

Presbyopia, or old age sight, is supposed to be due to advancing age. In reality, like all other kinds of poor sight, it is largely due to a combination of impaired health, disturbed eye muscles and bad habits of staring to see.

If presbyopia is due to advancing age, then why is it that some people reach the age of 85, 90, and 100 without becoming presbyopic at all? We all know of many cases where old

people have reached a very advanced age without the aid of a pair of glasses and have been able to do their reading and all of their close work without any of the annoying symptoms of presbyopia.

Scientists are just now finding out that presbyopia, like many other eye conditions, is not due to advancing age, as we have been taught but in reality, like all other abnormal eye conditions, is due to a combination of staring and straining to see and eating foods that cause bad nerve reflexes, irritations and congestions of the blood supply to the eye, thus interfering with its normal action.

The action of the muscles of accommodation of the eye can be interfered with the same as the action of any other muscle can be interfered with. Presbyopia is functional and can be cured. The Helmholtz theory, that the accommodation of the eye is brought about by the relaxing of the suspensory ligaments and the swelling out of the crystalline lens through its own elasticity to bring rays of light to a focus on the retina, has been disproven in many instances by the fact that we know of cases where the crystalline lens has been removed, especially in cases of traumatic cataract, and

still the patient has been able to accommodate without the crystalline lens. This should disprove the theory that the crystalline lens has anything to do with the accommodative mechanism of the eye. In fact, real scientists who have investigated these cases have dropped this theory and are now working along a more reasonable line. And they are obtaining some wonderful results simply by re-educating people to use their eyes in a normal, natural way and to stop straining while making the effort to see at the near point.

It is by making a special effort to see and by straining that the so-called presbyopic cases pull the eye out of focus and thereby near objects become blurred and indistinct, while distant objects are perfectly clear.

When their attention is called to the fact that they can see letters at a distance perfectly clear while they cannot see them at the near point, patients become interested and want to know why the vision is perfect at one point and why it is not perfect at another. And when they are asked to close their eyes and thus rest them and relax them, and then to look at the letters again they always find that the characters are much clearer. Indeed, after doing this a few times and moving

the letters back and forth from a distance of about three inches from the eye to a distance of eighteen inches, thus changing the focus, they soon learn that their vision is wonderfully improved and that their presbyopia or old age sight has disappeared just as pain will disappear from an arm that has been held in a cramped position as soon as it is moved about and relaxed and exercised sufficiently to establish the circulation through relaxation of its muscles.

In dealing with presbyopia it is also necessary to take into consideration the fact that the general health of the patient has much to do with producing the condition. For instance: patients who are troubled with constipation and indigestion have a great deal more trouble than do patients who are in perfect health. Hence, the advisability of removing these predisposing causes before commencing the treatment of presbyopia.

In my early experience in dealing with presbyopia I had one case that I shall never forget, that of a college professor, age sixty-two, who had been wearing glasses for twenty-one years. The professor was a good patient and followed instructions, doing everything exact-

ly as I had told him to do, but he had overlooked the advice I had given him about regulating his diet and the treatment of constipation. He practiced faithfully for one month with little results. I was positive there must be something wrong as the same eye exercises and the treatment did not produce the results they had produced in many other patients who were from 65 to 70 and in one case 78, and yet had been benefited being able to do all of their close work without glasses. After a sudden change in his diet and the elimination of the constipation not only did his presbyopia disappear, but he became able to read at the near point with comfort and ease, and his general health improved as well.

The mind also has much to do with presbyopia. Some people carry the idea all their lives that as soon as they pass the age of 35, or 40, their sight will fail and that it will be necessary for them to don a pair of glasses. This, being so fixed in their mind, naturally, affects their vision, as we do not see with the eye, but with the brain. The eye only takes the picture, as it were. Therefore, when the brain is disturbed the eye is disturbed. And the quality of the pictures we get with the eye is determined by the amount of relaxation of the

muscles surrounding the eye; and these muscles can be relaxed or contracted, according to will, or by the influence of the mind.

A physician, age 58, took the treatment and was cured. In a short time he was able to do his work without glasses and became sufficiently interested to want his wife to take the treatment. His wife, whose age was 55, took treatment, and from the very beginning had very good results. While she was practicing in the office or at home she was able to read the finest print on the test chart and also on the hand card she was practicing with. But somehow she had fixed in mind the idea that she was supposed to wear glasses and that she could not read without them. When she would go to the telephone book to look up a number the letters and numbers would all run together and she could not find her number without her glasses. But when practicing or reading with the chart and the test type that was even smaller than the telephone book print, she could read very well. The doctor and I tried to convince her that she was cured and that all that remained was to relieve her mental condition as the presbyopia had disappeared so far as the eye was concerned and

that any trouble she had was brought on by a state of mind.

We tried every conceivable method to get her to do her work without her glasses, but were not successful until one day the doctor suggested to me that we take the lenses out of the frame and put in a pair of plain glass, which we did. We let her do her reading and close work with these plain glasses which were nothing more than window glass. After she had been using these plain window glasses for thirty days, the doctor explained to her what we had done and she has not been troubled with old age sight since that time. There has been no recurrence of her presbyopia. This experiment has worked out successfully in other cases where the mind has been responsible for the poor sight.

Relaxation

CHAPTER XII.

Hurry, worry, and fear, all prevent relaxation. When you hurry needlessly, you contract the muscles of the body and cause a retention of toxins in the tissues. When you worry you cause an abnormal function of many of the organs of the body and when you live in fear you cause the glands to manufacture and secret poisonous substances that fatigue the body. But when you relax you permit the venous blood to drain these accumulated fatigue toxins into the organs of elimination.

All of the blood passes through the kidneys every seven minutes for purification. But unless the body is relaxed thoroughly all of the blood is not thus purified and the accumulation of poisons continues throughout the system. When you learn to relax and do your work in a state of relaxation, your blood then circulates freely, your heart beats regularly, and all other organs function normally. But when your muscles are tense the fatigue toxins in the tissues weaken the nerves, interfere with digestion, and set in motion other destructive forces too numerous to mention.

Have you noticed for instance, that when you try to go to sleep the harder you try, the longer it takes you to drop off? You cannot force the body to relax. You can only bring about relaxation by relaxing one part of the body at a time.

A good way to practice relaxation is to lie flat on the back, lift first your right leg about two feet from the bed, then let it down slowly concentrating your attention first to the relaxation of the toes, then to the ankle, then continue the relaxation on up the leg to the hip joint and as you lower the leg to the bed give a sigh of relief, just as the heel reaches the bed. Then immediately raise the left leg, directing and concentrating your attention to its relaxation in the same manner. After you have thus relaxed from the waist down, then raise your right arm about two feet from the bed, and lower it slowly, directing your thought of relaxation first to the fingers, then to the wrist, and on up to the shoulder joint. As you let the arm down, give a sigh of relief and repeat with the left arm, thinking only of one arm or leg at a time while you are relaxing. After you have thoroughly relaxed both arms and legs, then slowly move the eyes in a circle as if following the line of a large letter "O."

Circle the eyes to the right ten times, then to the left ten times, then close the eyes, and think of relaxation to the exclusion of everything else. Put all other thoughts from the mind. By practicing this relaxation method for twenty-five or thirty minutes it is possible to store up as much energy as is ordinarily stored up during six hours of sleep.

This, however, is only a method of relaxation and is not meant to take the place of sleep. But by it many neurotic cases and nervous people have been restored to a state of perfect health. For it not only increases the nerve energy but it also permits the accumulated fatigue toxins to be washed out of the tissues, thus allowing them to return to their normal functions with increased tone and efficiency. Many patients who have not enjoyed a good night's sleep in years have been absolutely cured of their insomnia by using the above exercises. During the state of relaxation, all of the organs of the body function normally, the brain is more active, the memory improved and the whole system benefited.

There are other methods of relaxation that are very good. For instance: sit down in a comfortable chair with the feet flat on the floor, the hands flat on the knees. Tense, first

the muscles of the toes; then of the lower extremities; then the abdominal, chest and back muscles; then the shoulders; then the face, the eyes, and the neck. Thereafter relax completely for a minute. Do this five times, then close the eyes gently and cover them with the palms of the hands and think of relaxation, eliminating all other thoughts. Patients who have told me that they could not attend a theater without being completely worn out and exhausted after the show have used the following method to a good advantage. Sit erect in the seat with the chest raised. Inhale slowly, while you count ten, hold the breath while you count ten, exhale while you count ten, hold the breath while you count ten and then tense all the muscles of the body and relax. Repeat this a few times and concentrate your attention on relaxation. This prevents the emotions from being excited by anything that might happen during the show. Destructive emotions cause a locking up of the body secretions and a stagnation and congestion of the blood, thereby inhibiting the normal function of the vital organs, which cannot possibly result in anything but a loss of nerve energy and with loss of nerve energy comes the tired, worn-out feeling. To practice relaxation

faithfully always helps to rid the body of destructive emotions.

Many patients have told me that attending a theatre or any place of amusement has a tendency to make them nervous, while when attending church, they are relaxed and feel refreshed on leaving the service. This is due to the fact that all minds are subject to the influence of others. People who attend church usually are sincere and full of faith. Consequently, when they enter a church, they forget their negative, destructive emotions by concentrating their thoughts upon the divine powers and upon the Creator. They come in contact and close association with a large number of people whose thoughts are elevated to the more sacred realm and therefore, through thought vibrations, they become affined to the higher, finer emotions which results in thorough relaxation. People who pray earnestly without self condemnation, always feel rested and relaxed as a result of such prayer, while people who pray as a matter of habit do not receive the benefits derived from the relaxation produced during sincere prayer which directs the attention to the higher aspirations of life and leaves the body tissues relaxed and the blood free to circulate

normally. During prayer the vital organs function more freely and more normally as there is no discord or irritation from destructive thoughts or emotions. But unless people can go to church in all sincerity they will not receive the benefts as do those people who attend church services with a devotion to love, peace and harmony. This is equally true of people who practice relaxation faithfully and earnestly and you will not derive the benefits that are obtained by those who are sincere and devoted to the practices unless you are consistent with it.

The Five Essentials for Building a Perfect Physical and Mental Body

CHAPTER XIII.

A correct understanding of the five essentials and the proper use of them will insure health, happiness, and success; while a lack of knowledge and misuse of these five essentials will surely lead to disease, discouragement, unhappiness and failure. No person has ever continued to violate the laws governing the proper use of air, water, food, exercise, and mental attitude without paying the price demanded by nature for violation of the laws governing health.

People who ignore the necessity of correct breathing soon find themselves paying the price by nursing a cold, a cough, or some other physical inconvenience. The same is true of misuse of water, food, exercise and mental attitude. While the rules governing these very essential elements are simple, there is no reason why they should not be given the time and study necessary for their proper understanding. But the percentage of people who take the trouble to learn and obey the laws governing health is very small. That is why the number of individuals suffering from disease is so extremely high.

As knowledge regarding health, happiness, and success increases, so proportionately, will disease, discouragement, and discontentment decrease. This statement needs no further proof than to cite the fact that disease is generally found among the uneducated, the poor, and the failures. All along the stream of life we have this picture constantly before our eyes. By this I do not mean that disease, and other allied destructive forces operate among the uneducated alone. There are those who have everything but a little common sense; and also the helpless ones who can do nothing for themselves. Then, too, there are the overfed and underworked ones, who are good breeding places for germs.

It is not necessary that people have a thorough knowledge of anatomy, chemistry, and physiology in order to care for their own bodies. It is not necessary to know the weight, size and lung capacity in order to know how to breathe correctly. The average capacity of the lungs is about 230 cubic inches. But only a very small percentage of people ever use anywhere near their normal lung capacity. Thus the lungs, like any other part of the body progressively lose their ability to function when not used; the same as a broken arm that

has been placed in a sling will never regain its strength until it has been removed from the sling and exercised sufficiently to re-establish its circulation and distribute its energies.

THE CORRECT USE OF AIR.

Air is essential to all physical life. A man may live more than thirty days without food, he may live several days without water, but only a few minutes without air. Oxygen is the life-giving element of the air. Correct breathing therefore makes an immediate and wonderful beneficial change in the blood and nerves. Toxins and other poisons in the blood are eliminated, germs are destroyed, old cells are renewed, weak cells are strengthened, the blood itself is renewed and enriched throughout the system and has a greater ability for carrying food and the essentials of life to all parts of the body. From the air we breathe, the lungs gather energy, both for the nerves and for the vital forces of physical life. Thus, we see the unquestionable importance of correct breathing.

You cannot move, or think a thought which requires brain activity or nerve energy, without oxygen. Everything you do in your daily

life, forces you to use oxygen. Even for movements of an infinitesimal character oxygen is required: hence, its importance. The transmitting of a sensation utilizes oxygen for the nerve energy which it supplies; for oxygen is absolutely necessary to a staple nervous system.

The vital organs of the body fail to function efficiently for the want of oxygen. The principal cause of all disease is directly or indirectly a want of oxygen in the blood as oxygen is the greatest blood purifier. And without pure blood, there cannot be a healthy body and an active brain, any more than an animal can be fattened without feeding because the blood carries food material to the body tissues and carries the waste material away from the tissues. If you breathe as you should and eat properly, you are doing your part for the curing of any ailment you may have and in preventing any ailment that you might otherwise acquire. Pure blood insures a healthy body and thereby, a healthy mind.

As explained before, you cannot expect to have health, happiness, and success without pure blood. If you are not ambitious enough to take your breathing exercises as well as to give your body the other essentials in their

correct proportion you are not entitled to health, or anything else worth while.

Low vitality, cold hands and feet, thin blood, indigestion, insomnia, that half-dead feeling and also that lazy feeling, are all direct indications of the lack of oxygen. When I hear some people express themselves as having a desire to take up the study of chemistry, law, medicine, psychology, or some other subject, I often look at them and wonder why they have not taken up the study of the five essentials of life first, as no one can expect to build a worth while structure upon a weak foundation. Oxygen is a part of the foundation. It is a part of the will power and energy that go to make up the body and the mind.

To some, this knowledge comes naturally as a part of themselves, while others need a teacher and a director.

Correct breathing is practiced by a very small percentage of people. Most people try to breathe all they can at one time and then stop for the day; or they breathe by jerks, which is entirely wrong. By correctly developing your lung capacity you will soon be able to get all of the oxygen that your system needs. A normal person of average size should

have a chest expansion of from four to five inches and a breathing capacity of two cubic inches for each pound of body weight. Women have about an inch less expansion than men; naturally, therefore, they have less lung capacity. If you do not measure up to these standards, my advice is to get busy and practice. Large chests do not always indicate good lungs, but you cannot breathe correctly without developing good lungs and a large chest, together with a healthy body and an active brain.

Most women practice chest breathing, which is wrong. Nor is abdominal breathing, which is practiced by men, the right sort of breathing. Any form of breathing that develops one part of the lungs at the expense of some other part is wrong and detrimental. To breathe correctly, lift your chest and extend your thorax and use all parts of the lungs, front and back, lower and upper portions, all the time.

Before writing this chapter I wanted to make sure of the information contained herein. I wanted to be certain that the information given here would stand the most rigid test and criticism. Therefore, I selected a list of physicians who had practiced in a construc-

tive way for many years. Among these physicians there was a doctor who had been more successful than all the others; that is, he had been able to restore more people to health than any ten doctors of my acquaintance. Upon asking this noted physician to what he attributed his great success, he said that after practicing medicine and surgery for thirty years he woke up to the fact that medicine has no curative value, but that it only gives relief temporarily and that the continued use of it always leaves the patient in a worse condition than he was to begin with. He said that the second thing he learned was that there are only two classes of people who suffer from disease, the ignorant and the lazy. He further stated that he could prove "that only ignorant and lazy people have colds." His statements seemed to me to be a little far-fetched, but after he had taken me through his large sanitarium and his laboratories, I was thoroughly convinced that he was right. He showed me one case after another where people had come to him for treatment. One case in particular: A woman had come all the way from London, after having been doctored by the leading specialists of the world, for a nervous condition that had not yielded to any treatment prescribed. She had come to this physician

for relief. In this case he demonstrated to me that while the woman was a college graduate she was too ignorant of nature's laws of health and too lazy to enjoy health, had she known how to attain it. She had been in his care only three weeks, during which time he had taught her how to breathe, how and what to eat, how to relax, how to exercise and how to keep the body clean on the inside as well as the outside. All medicine had been taken away from her and she was beginning to rest at nights and to enjoy her food and the other essentials of health. Her pessimistic whining and antagonistic disposition were gradually changing to a more likeable personality. Her stooped, dilapidated body, with its long, drawn, sour-looking face, was beginning to remold itself to the outlines of a more erect, vigorous specimen of humanity. The acidulous countenance was being remolded by a more cheerful and more lovable expression of health and happiness. This doctor had taught her to think and talk health, happiness, and success instead of disease, discontentment and discouragement. She had acquired the ability to tell people of her improvement, of the many things she was thankful for, of her contentment, and for her absolute faith and confi-

dence in her ability to regain and to retain health.

The next case was that of a woman, age fifty-one, who had been doctoring for a number of years for rheumatism, for indigestion, for insomnia, and for other ailments too numerous to mention. She was of the large, healthy-looking type and had the habit of eating anything she could get hold of at any time or place. When she was not eating she was telling some one of her ill health, her many disappointments, and her bad luck. Although she never did any work she was always tired. She had been in this doctor's care only seven weeks, all of her health tonics had been taken away from her and she had been placed on a constructive line of treatment consisting of air, water, food in proper combinations, exercise and rational psychotherapeusis. She had lost seventy-two pounds of her excessive flesh and was learning to say a few cheerful things about herself and other people. In place of avoiding her, people were now seeking her company.

After this great physician had shown me several other cases who had gone both routes, the medical and the sensible, I was thoroughly convinced that the common-sense route was

the one to choose. This great doctor, who had accomplished so much, was not a member of the American Medical Association, nor of any medical society, as I learned later. Such organizations do not believe in educating and teaching the people how to relieve their own aches and pains, nor how to avoid them altogether. This would be unprofitable, hence the use of Latin terms for fear people might learn something regarding the care of their own body. So long as the Medical Trust can keep the people in ignorance it can continue to sell vaccines, serums, and drugs. But once people really begin to think for themselves along lines of living and health, they will see that medicine, serums, and vaccines only add to the load of filth that the body has to throw off before health can possibly be obtained.

The reason why the world is so full of disease is that ignorance and laziness prevail. There are many foolish people who will read an article explaining the bad effects of drugs, serums and dope, then hasten out to ask their medical doctor if it is true, not realizing that the medical doctor makes his living, pays for his automobile and his home by selling serums and writing prescriptions for pills. What do you think he is going to say? You know

before you ask him. "Oh," you say, "He is honest." But when it comes to his bread and butter he is not different from the butcher or the grocer. Your grocer may be honest but you go down and ask him if he thinks it would be better for you to buy your groceries from his competitor. You know that he is not going to advise you to any more than the pill doctor is going to advise you to go and see the osteopathic physician to have a lesion corrected in your spine. No; he will instead, give you a drug strong enough to numb parts of your body and will continue to give just such treatment as long as you demand it, but when he has a pain in his back or his neck, he will call an osteopathic physician unless he is so thoroughly saturated with the dope idea that he is willing to take his own medicine. It is an old and a true saying that a wise doctor never takes his own medicine. He takes exercises, air, water, and the correct kind of food instead of drugs. If he does not, he suffers from disease the same as his patients do. You know what Oliver Wendel Holmes said, "I firmly believe that if the whole of Materia Medica could be sent to the bottom of the sea it would be all the better for mankind and all the worse for the fishes."

Sometimes one wonders, when he sees how people continue to take medicine and fall for every new serum, if all the poor fish are in the ocean after all.

When Dr. Bates, one of our most eminent eye specialists, found out that eye strain could be corrected and that eye glasses could be done away with, he began to teach people the proper way to exercise their eye muscles and increase their strength, so that the eye glasses would not be necessary. Then what happened? The large eye glass manufacturers could see that this was going to affect the spectacle business. They immediately began to spend money for propaganda. The opticians, and oculists could also see that it was going to hurt their business so they all got their hammers out and started to knock. But you can't fool all the people all the time; only the ignorant and the lazy. Some are too ignorant to investigate; others are too lazy to want to, therefore the ignorant and the lazy suffer from lack of knowledge and ambition. That is why we have such large numbers of people suffering from disease, weak eyes, stiff joints, nervousness, sleeplessness and all the other things they are entitled to. Yes, they are entitled to them because they are too ignorant and too lazy to get rid of them.

It may be of interest to you to know that Dr. Hermann of Vienna, treated over 60,000 cases of syphilis without a drop of medicine being used, and that all cases recovered and did not later develop into paresis and paralysis as many of the medically treated cases did.

"Oh," but you say, "my medical doctor is different. He is a member of the medical society and also a member of the American Medical Association." But you forget that the main object of these societies and associations is to spread propoganda against non-medical treatment and to keep the people in ignorance. You also forget that these dear brothers are interested in the manufacture of serums, pills, vaccines and drugs of all descriptions. "But," you say, "my doctor is not in the manufacturing business." No, but it is a two to one shot that he owns stock in a pill shop some place. Of course he might be just working for his health, being one of those fellows who doesn't care for automobiles, theaters, and other things that are so attractive to the masses. But you had better use just a little judgment and reason out some of these things for yourself!

As long as somebody else does your thinking and reasoning for you, you will be a poor, helpless slave to the people who do think.

BREATHING EXERCISES

No. 1. Start out by breathing gradually, inhaling a little more deeply than natural. Increase your breathing by inhaling a little deeper each time. Then gradually exhale all the air you can, after which inhale to your lungs' utmost capacity. A little intelligent practice with your mind made up to develop the lungs, will in a short time work wonders for you. Be enthusiastic in your breathing exercises. Take them with the determination that you are going to develop a perfectly healthy pulmonic capacity.

No. 2. Our most effective means of developing lung tissue is to inhale a complete breath, slowly taking in as much air as is comfortable. Hold it for a few seconds, then take in a little more, keeping this up until your lungs are as full as it is possible to fill them. Then reverse the process by slowly expelling the air through a small opening formed by puckering the lips and forcing the air out slowly through the aperture and at the same time resisting with the lips in order to create pressure within the lungs.

No. 3. Stand erect, with your hands and arms fully extended in front of you. Bring them out to each side and as far back as pos-

sible and inhale through the nostrils slowly at the same time so that the lungs will become completely filled when the arms are extended as far as you are able to extend them in the rear. By this means you are enabled to breathe more air than you could ordinarily. Now place your hands out in front of you as far as possible, then slowly raise the arms upward while you are inhaling through the nostrils. When the hands are extended straight up, rest a moment, then inhale a little more. After the lungs are completely filled to their greatest capacity slowly bring the hands down back of the head and exhale slowly at the same time.

No. 4. A splendid form of breathing exercise while lying down and one of great therapeutic value because all the muscles of the body relax and provide greater opportunity for greater lung expansion, is simply to close the eyes and practice deep, rhythmic breathing, keeping in mind a mental picture of perfect health, and to repeat to yourself, "health, happiness and success." This will greatly increase your lung capacity, as well as improve your mental and physical body. Use a little of your own initiative, figure out some special breathing exercises that will be especially

beneficial to you at your work or play. Don't be afraid to help yourself. Remember no man ever made a success who never made mistakes. People who never make mistakes never make much of anything else. If you do not try the breathing exercises and do not take them regularly you are cheating no one but yourself. You want health, happiness, and success; then make the effort. You will not fail unless you quit.

Food, and Its Proper Use

CHAPTER XIV.

Food is used by nature to sustain and build tissue and to repair or rebuild worn-out body cells. The digestive organs are only a manufacturing plant where raw materials are taken in and transferred into suitable substances from which bone, blood, flesh, etc., are made. Since the digestive organs are only the manufacturing plant where nature changes foods into health giving fundamentals and distributes it through the blood and lymph streams to all parts of the body, and since the eyes are among the most delicate parts of the body in structure, and among the most rapid in their action of any of the organs of special sense, it is important that their delicate mechanism should receive only the purest of nutriment. Is it any wonder that people go blind with glaucoma, cataract, and other incurable conditions when they use no judgment as to diet? When it comes to supplying their stomach with the proper combination of foods in the proper amounts, they ignore all the rules governing food combinations. They eat mashed potatoes and gravy, blackberry pie a la mode, spinach, asparagus, plum pudding, cabbage and beef steak. It seems to make no differ-

ence what they eat for the main idea appears to be to roll it up and take it down without any consideration at all. The stomach thus becomes a sort of garbage can. I admit, however, that the stomach will heroically take care of such conglomerations for a time and until the limit of its endurance is reached. In the meantime, the patient will probably not suffer any bad effects. He may even go on through life that way. But he will at best be but half awake, with only part of his brain cells working and with a tired, depressed, worn-out feeling. However, if that is all, so long as the garbage can is refilled three times a day, he usually seems to be more or less contented. After a while, though, in most cases, the system becomes so clogged up that it cannot go on any longer. Then the doctor is called. He prescribes a laxative, cleans the bowels out and advises the patient not to eat anything for a few days, or maybe only a little soup, some toast and soft-boiled eggs just a few things at any rate. But after he leaves the patient feels that surely he knows more about it than the doctor so he goes ahead and loads up again.

You understand I am talking only about the majority of cases. There are a few of the more intelligent ones who really will follow in-

structions until such a time as they are able to get up and around. Then they go back to the same old way.

In another class, in which there are a very few, we find the really intelligent, energetic and ambitious folks who are always eager to learn how to live and to enjoy life. They, of course, do not get sick. They are physically and mentally above the plane of disease.

One of the things that has amused me most, recently, was watching a doctor treat a patient for a cold when the doctor himself was nursing a worse cold. Had the patient only stopped to realize he would have concluded that the doctor was not competent or he would not have a bad cold himself. Colds are the result of too many toxins in the system which would not be there unless they were put there by eating too much food or food in wrong combinations.

The body can use only a certain amount. When an excessive amount is taken in and not used, the body suffers because of the accumulation of toxins that are due to undigested and unassimilated foods.

Do not combine vegetables and fruits at the same meal. But if fruits and starches are

eaten at the same meal, eat your starch first. Fruits taken into your mouth with starch stop the flow of ptyalin (the active principle of saliva), which digest the starch. If the starch has been dextrined, as in dextrined breakfast foods or zwieback, you may then take it at the same bite with fruit. When fruits and vegetables are eaten at the same meal they disagree chemically. Fruits require a very short time for their digestion, while vegetables require from one to five hours. Thus, when fruits and vegetables are eaten together, the former retard the digestion of the latter which causes the fruit to remain in the mixing bowl too long, then the entire mixture sours and the body is deprived of the real nutriment of both fruit and vegetables because of this fermented mixture. When fruits are eaten with starchy foods, the starches should be thoroughly dextrined, or the fruits should be eaten alone at the last of the meal, allowing the full action of the digestive juices on the starches first. One-half ounce of food, properly digested, is worth more than a half-pound that is improperly combined, for the latter mixture causes the body much unnecessary work in expelling it, hence a great expense of energy.

Regularity of eating is also of vital importance. Do not eat a single morsel between meals; do not over-eat; and do not eat just before retiring. When you over-eat you dilate the stomach, causing a loss of tone and a loss of ability to do its work properly. When you eat just before retiring you give the stomach work to do while you are trying to sleep. When you lie down to rest the stomach should have its work all done and be ready to rest with the other organs of the body so that you will have a good, refreshing, dreamless sleep and awaken with an abundance of energy and a natural appetite.

The stomach is the mortar in which the body chemists mix foods. The chemists are so sure of their business that they always place the right juices in the stomach to digest the foods we offer them. Therefore, if we do not hurry we are not so apt to force the food past them before they have had time to taste of them.

Another very important work they will do is to tell us what kind of food we require. So long as we are eating the right combinations our appetites are normal. But when we over-eat wrong combinations we create a false appetite; and by so doing we are always hungry and consequently over-eating. Then the body is filled with toxins as a result of per-

verted appetite. When you crave a pickle, eat a lemon. Pickles are not good food, therefore they cannot supply what the system is calling for. We crave what our body needs to keep it well nourished. The trouble is, many people have had their taste buds perverted with caffein, nicotine, cocaine, vinegar, ginger, mustard, pepper, meat sauces and other harmful stimulants. A perverted taste is easily acquired but not so easy to get rid of because the large majority of people lack the courage to stick to a few good rules. When foods are highly seasoned and made especially satisfying to the taste, we are tempted to over-indulge.

It was during the Spanish American War that we learned a valuable lesson about vitamines. The native soldiers who joined our boys in the Philippines ate very freely of the milled rice that was furnished in the army rations. A few weeks later they broke down with beriberi (a skin and nerve trouble), and were unable to continue the march. The physicians in attendance ordered their native rice to be given them and in three days they were ready to march again. When whole-wheat bread is eaten with a liberal amount of fresh vegetables or fruits we have a very wholesome diet. Most people are benefited by eating whole-

wheat bread. There is no question of the superiority of whole-wheat bread: I mean real whole-wheat bread. During these days of profiteering, the public is fooled with an imitation which is usually 70 or 80 per cent white flour with a cupful of bran and black molasses for coloring, and labeled "whole-wheat bread."

There are but three material kingdoms in the universe. They are animal, vegetable and mineral. No animal is able to elaborate or produce within its own body the elements which will sustain its life, but must get these from outside sources. The only two sources outside the animal kingdom are the mineral and the vegetable. Animals cannot use elements from the mineral kingdom in the forms in which they exist independently of the vegetable kingdom. Hence, the sole source of animal food is the vegetable kingdom. What about animal flesh and animal products? They are second-hand sources of food because man only gets from such what the animal at some stage, either directly or through another animal, got from the vegetable kingdom. Why take your food second-hand? Second-hand food makes second-hand men. In the vegetable kingdom the seeds, roots, leaves, and fruits are the true source of replenishment for

the animal kingdom. Natural food replenishes all living creatures in exactly the same way. Natural exercise does to every living being the same thing. Man has decayed teeth while wild animals do not because man violates one of the five fundamental laws of life by denaturing his food and making it unnatural, while the so-called lower animals eat natural, unprocessed foods. He does this through cooking it in the presence of the oxygen in the air, thereby oxygenizing its mineral elements, and also through separating the natural substances into parts and discarding some part or parts which are also really essential to life. Man, being a natural creature, cannot be sustained by unnatural substances. Wild animals do not violate the laws of nature, therefore they do not have weak, inflamed eyes, colds, and diseases unless man interferes with their natural modes of living. Then of course they suffer the same as man.

FOODS THAT BALANCE AND COMBINE HARMONIOUSLY

These lists are designed to help you select foods that will combine from the standpoint of agreement, thereby aiding neutralization of the acid-base foods in such a manner as to

restore the alkaline of your blood. Do not eat the foods listed in No. 1 and No. 2 at the same meal, as they will not combine harmoniously.

ALKALINE OR BASE-FORMING FOODS

List No. 1	List No. 2
Banana	Turnips
Apple, average	Potatoes, white
Pears, fresh	Potatoes, sweet
Raisins	Mushrooms
Cranberries	Asparagus
Plums	Radishes
Dates	Okra
Cherries	Cauliflower
Grapes	Greens
Prunes, dried	Cabbage
Currants	Beans, string-green
Oranges	Parsnip
Persimmons	Oyster plant
Apricots	Beets
Loganberries	Leek
Lemons	Carrot
Gooseberries	Kohl rabi
Peaches	Lettuce
Tangerines	Rutabaga
Raspberries	Chard
Grape Fruit	Onions
Pineapple	Celery, raw

Limes	Peppers, green
Figs, dried	Spinach
Blackberries	Artichokes
Rhubarb	Water Cress
Strawberries	Carrots, raw

The more neutral foods in lists No. 3 and 4, will combine with either list No. 1, or list No. 2. When foods are properly balanced, you will enjoy refreshing sleep.

ALKALINE OR BASE-FORMING FOODS **List No. 3.**	ACID-FORMING FOODS **List No. 4.**
Peas	Walnuts
Almonds	Lentils
Molasses	Fish
Chestnuts	Rice
Olives	Bread, whole-wheat
Milk	Eggs, whole
Lima Beans	Lamb
Buttermilk	Eggs, white
Squash	Oats, rolled
Watermelons	Eggs, yolk
Pumpkin	Flour, whole-wheat
String Beans, canned	Chicken
Beans, dry	Veal
Muskmelon	Mutton
Condensed Milk	Peanuts
Cheese	

Cucumbers	Oysters
Cream	Corn
Cocoanut	Beef

Knowing that the Creator has provided that about 90% of all foods shall be alkaline base and only about 10% acid-forming foods, surely we should eat accordingly. Many people make the mistake by eating 50 or 75% acid-forming foods and the balance alkaline or base-forming foods. This is all wrong. You should eat very sparingly of the foods in list No. 4, if you want to enjoy health.

Don't be a glutton. Always stop eating before you get enough. Whatever you do, do not eat too much. When you over-eat food is not properly digested. Decomposition and fermentation take place. These in turn cause anto-intoxication, a condition which impairs your health, lowers your vitality and efficiency.

Chew your food until it is thoroughly dissolved in the mouth and disappears in a liquid form, so fine that it will pass through a very fine sieve. You should not swallow anything unless it will dissolve in the mouth by mastication. Food that has been chewed fifty or sixty times is worth much more in actual energy-giving value than food chewed but a few times.

Correct Use of Water

CHAPTER XV.

Next to air, water is the most essential element of life. You may live longer without water than without air but it is just as essential to health. To have pure, rich blood, free movement of the bowels and kidneys, good digestion, a sweet breath and a good complexion, it is absolutely necessary to drink plenty of water and breathe properly. By obeying these two rules you are increasing your speed to human health.

The human eye does not go down in your stomach to take a bath in the water you drink, but the water does keep the poisons and toxins from entering the blood stream by flushing the bowels and kidneys which are the main outlets for toxins and waste. If you do not drink plenty of water, you have an accumulation of deteriorating, disintegrating elements that slowly but surely destroy the body cells, leaving the body in a weakened condition. The human system has a wonderful capacity for adapting itself to unfavorable circumstances and conditions, but, like everything else, there is a limit to nature's tolerance and when she is subjected to more abuse than she can stand, the result is disease.

For the body to function normally and in a healthy manner, it requires about three quarts of water daily. When there is a less amount of fluid than this nature reabsorbs the liquid contents of the bowels and diverts the flow from the kidneys to supply tissue demands, leaving the toxins and destructive materials in the body, which means that the body will become a filthy cess-pool on the inside. In other words, the manufacturing plant where the blood that supplies the eyes is made is contaminated with this accumulation of filth for the want of a correct water supply.

Few people drink enough water. Some people buy plenty of perfume, face creams, breath tablets and other unnecessaries for the sole purpose of hiding their lazy, filthy manner of living. To enjoy health and have the appearance of health, we must keep our bodies as clean on the inside as on the outside.

The pores of the skin are gateways through which the perspiration carries the poisons from the system. People who wear heavy underwear prevent the expelling of toxins through the pores. The cells on the outer part of the body must have air. If you shut off their breathing, you shut out their life. Then the dead cells, which we call dead skin, form

a layer on the outside of the body that cause a loss of tone and function throughout the body. To bathe alone with water and soap once or twice a week is not sufficient. The body should receive a cold shower every morning and a good brisk rub with a heavy bath towel. Not only will this cause it to build up a cushion of fat under the skin, but it will protect against cold air. If you want strong, healthy eyes, then keep the rest of your body in a healthy condition. Many people have put on glasses to relieve eye-strain that was caused from an accumulation of toxins in their body which, when carried to the eyes by the blood, caused irritation and strain which only goes to prove the truth of what the old doctor said. "Ignorance and laziness are the two principal causes of disease"—and weak eyes.

When you first get up in the morning, drink two large glasses of water. Lie down on the back, draw your knees up enough to relax the muscles over the abdomen. Draw your abdomen in as far as possible and then push out. Repeat this fifteen or twenty times. This will churn the water around in the stomach, washing it out and cleaning it up ready for the food that is to be taken in and manufactured into teeth, hair, nails, skin, eye cells and all other

body tissues. If you are troubled with constipation, repeat the above exercise three or four times a day until the constipation is completely cured. The danger is not in taking too much water but in not taking enough. Of course discretion should be used, according to the individual's physical condition. If there is no heart trouble and menstruation is not in progress, there is no excuse for not taking a cold shower every morning.

Never resort to the old excuse that you don't have time to take care of your health. "I don't have time" is a device of the ignorant, the careless, and the lazy. The big men of the day find time to take care of their health or they pay the price just the same as the common herd. Nature plays no favorites; when her laws are violated, the violator has to pay the penalty.

Don't consider coffee and tea as taking the place of water. Tea, coffee, beer, wine and alcohol are all destructive to body cells. People suffering from eye trouble or from other disease, should not use any of them. The mistaken idea that coffee is a necessary stimulant is prevalent among a great many people. Coffee is one of the most constipating of all liquids, and when taken in excess is responsible

for many nervous conditions, which through the nerve reflexes they generate, affect the eyes. Because you happen to know someone who has been drinking coffee all his life without suffering any bad effects do not be deceived. It may be that he has not violated many of the other laws governing health and therefore has a greater amount of reserve energy than you.

The human body was designed to live a thousand years. We have no records of anyone living longer than 185 years. We have some records which show that a few people have lived to be 150, 140, 135; but their number is very small. A large number have lived to be one hundred, but even this group is small compared with those who only reach the age of 80. And the number who do not live to exceed 70 is still higher. I have neither the time nor the space to discuss these different cases. I only make mention of them to substantiate the statement that ignorance and laziness are responsible for weak eyes and weak, unhealthy bodies. Use a little judgment and do not go too much by what others have done. Spend a little more time figuring out what you are going to do about it yourself; and then do it.

The moral is make up your mind that you are going to drink plenty of water, take plenty of exercise, regulate the intake of your food and enjoy perfect vision and good health.

Exercise

CHAPTER XVI.

When exercise, coupled with right methods of living, is taken regularly, there is no question about the stimulating, health-giving and body building effects it produces. But there is a right way and a wrong way to exercise. The wrong way tears down tissue and prevents the desired reaction which develops healthy tissue in those parts of the body where development is most essential. The correct way develops the weak parts of the system and builds a stronger, healthier body throughout. A proper quota of exercise together with correct amount of rest for recuperation and the restoration of nerve energy, is of great importance in the maintenance of a healthy body.

The deceptive idea that labor is necessarily intelligent exercise seems to prevail among most people. Exclude this from your mind. While labor is of value in many cases, it develops only parts of the body. To develop a faultless physique, one should take systematic exercise. The best system is the one which reaches all of the joints and muscles of the body. Internal exercise is just as im-

portant as external exercise. A good hearty laugh will cause a vibratory movement of all the internal organs. Even the liver receives a good shaking up during the time of laughter. If you have nothing to laugh at, do it anyhow, occasionally. It only takes a few minutes and always has its good effects by equalizing the circulation internally and distributing the vital energies uniformly throughout the body.

To exercise the body, start with the head. Move it back and forth on the shoulders five times forward and backward; then five times from the right shoulder to the left shoulder; then turn the head around on the shoulders from one side to the other five times each way. Next give the head the circular movement, all the way around to the right, and all the way around to the left, five times each way. Next close the hands tightly five times, exercising the fingers. Then make about ten different kinds of faces, relaxing and contracting all the muscles of the face. This prevents wrinkles and helps maintain a youthful appearance. Next, extend the arms in all directions, five times each way; then, without bending the knees bend forward and touch the floor five times, always bending back as far as possible each time. Now with your hands ex-

tended above the head, move your entire body in all directions, five times each way, so as to move all of the vertebrae in the spinal column. Then squat five times rapidly and always relax and contract the toes each time while you are taking the squatting exercise, remembering that the function of any joint is movement and if you are to keep your body young and pliable, it is very essential that you take a sufficient amount of exercise to make sure of circulation to all parts. In this way you at the same time are distributing the building material for replacing the broken down and worn-out cells. After you have become familiar with these exercises, you can take all of them in ten minutes, night and morning. This will save you much time and expense, besides helping to make you a 100% man or woman.

Let me impress upon your mind the necessity of being cheerful while taking your exercises. If you cannot get pleasure out of taking your exercises and realize the benefits derived from them, you certainly will not get the best results. All scientists recognize the effect of the mind over the body, therefore, do not overlook the necessity of a favorable mental attitude while taking your exercises. Your mind should be concentrated on perfect health, per-

fect circulation and distribution of body energies.

Take the exercises as outlined, twice a day and always in front of an open window, or out of doors if possible, remembering to breathe deeply at the same time. The air will do you no good if you do not take it into your lungs.

There are many kinds of exercises that are very beneficial. Use a little judgment on your own part and a little of your own originality in figuring out exercises that will move all the joints and muscles of your body; then take them systematically and regularly.

Mental Attitude

CHAPTER VII.

Mind, being the intellectual faculty in man, is possessed of the power to make or break him, to eradicate and eliminate, or to cause disease. Hence the necessity for right thinking. That the brain cells are directly affected by mental pictures is proven by the fact that certain scenes cause reactions which result in the shedding of tears, which are an alkaline and saline solution manufactured by the body. It is also a fact with which we are all familiar that the sight of certain things causes nausea and vomiting, while bad news causes various reactions. Some people are so affected that they cannot eat; some cannot sleep; while others on hearing bad news faint and collapse and their respiration and heart action are completely changed. Even their hair has been turned gray over night by worry. Therefore we cannot deny nor ignore the power of the mind over the body.

That the brain cells can and do affect the entire being, was proven conclusively by Dr. Elmer Gates of the Smithsonian Institution at Washington. Guinea pigs were kept in inclosures with certain colors dominant; dissec-

tion showed their brains to be larger in the color area than those of the same class of guinea pigs kept in color-free inclosures. The perspiration of man has been analyzed while he was angry and found to be of an unusual color. The placing of a few drops on the tongue of a dog has produced evidences of poisoning. The effects of violent emotions are very disastrous in their destructive influences upon the various cells of the body. Jealousy is very ruinous in its action upon the human body. It destroys everything in sight. It is on the order of the venom of serpents, except that they have a sac for its confinement, while in man it is scattered throughout the entire system, disintegrating and poisoning the tissues.

Dr. Gates has also made some very interesting studies of the emotions. He has demonstrated that destructive chemical compounds are manufactured by the glands of the body during the duration of these violent emotions and that a changed odor of the breath can be detected during the periods they dominate. Dr. Gates maintains that he has experimented by freezing the breath while passing it through an icy tube and thus has demonstrated that emotional states may modify the color

of the frosty particles obtained in this way.

We are all familiar with the bad effects and the physical evils which result from a fit of anger. Anger hinders digestion and elimination, locking the poisons in and leaving the body filled up with them. Physicians have reported numerous cases that have not recovered their physical sense of well-being for days or even weeks after a fit of anger, jealousy, fear or worry.

The effects of sudden emotion are known to have caused instant death by arresting the action of the heart. Balfour, in his book on "Diseases of the Heart," cites a number of well-authenticated instances of this kind. "Sophocles, at the age of ninety, died suddenly of joy on being crowned as the first tragic poet of the age. Phillippes, the comic writer, died a similar death. Chilon, of Lacedaemon, died in the arms of his son, who had borne away the prize at the Olympic games. The famous Fouget died of joy on being set free by Louis XIV. The niece of Leibnitz died suddenly of joy at finding a box containing ninety thousand ducats beneath the philosopher's bed."

We know, too, of a large number of cases where patients have made up their minds that

they will be in possession of ill health and that nothing will cure them. If they continue in this line of thought, nothing ever can cure them. They are always whining, complaining, working themselves up into emotional fits which slowly but surely destroy their health faster than air, food, water, and exercise can possibly restore it. If it were possible to change their minds, getting them into a different chain of thought and to get them to talk about the more pleasant things of life, then their health would greatly and speedily improve. The trouble is, however, that these people are considered mental defectives and the average physician, not recognizing their true condition, regards them as such, and does not take the time to help them. Hence they continue in their misery until they finally go insane or pass out of this life. Such cases can be handled very effectively by psycho-analysis.

The nature of our being is creative: life is action: but repression and suppression are detrimental to life as they interfere with the creative and constructive activities of the body. Nervous break-downs, neuroses, and neurasthenia are traceable to wrong thinking, depression, and other influences that could be easily eliminated by locating the cause and re-

moving it. But as very few physicians understand the mechanics of the body or the action of the mind upon the body they are more apt to prescribe the various dopes and drugs they have been taught to use for the purpose of relieving symptoms and to ignore the cause. This accounts for the better class of medical doctors abandoning their pill-cases and hypodermic needles for saner, safer methods of treating patients, through which they get much quicker and more permanent results as the causes of disease are removed.

The public at large is responsible in a great measure for bringing about this change, as the more intelligent public is refusing to take dope per mouth or per hypodermic. It is demanding a higher quality of therapy. Some of the would-be eminent physicians turn up their noses at mental healers, new thought, Christian science, psychology, suggestive therapeutics, and other forms of reaching the mental forces with curative measures, but they are only exposing their ignorance, thereby retaining only the more ignorant of their patients who do not think nor even attempt to think for themselves.

If there were not a drop of medicine in the world, there would be less suffering. People

would soon learn that violating nature's laws causes disease, and knowing that they could not secure medicine or dope of any kind to ease their pains, they would be more considerate of the care required by their mental and physical body.

Necessity is the mother of invention. The mind will figure out a way to overcome disease just as it will figure out how to construct buildings or manufacture machinery. Was it not Dr. Andrew Taylor Still, a surgeon in the Civil War, who became disgusted with medicine and surgery as taught and practiced by the regular schools? Did he not prove to the world that the body has within itself all of the necessary elements for repairing and rebuilding its worn out parts, And in "The Chemistry of Life," Dr. George W. Carey says: "so-called disease is neither a 'person, place nor thing.' "

The symptoms of disease are unpleasant sensations, pains, swellings, exudations, etc., caused by over-heated tissues and are the results of congestion which causes pressure and results in many forms of so-called disease which can be cured only by an elimination of their causes and not by a palliation of the symptoms.

I recently attended a patient who had been suffering from eye trouble. He had worn glasses for eleven years. While taking his case history, I found that he had been doctoring with various kinds of doctors for relief from a chronic indigestion which still persisted. He had taken drugs that had given him relief, but in all cases the relief was only temporary. Then he would become disgusted and try another doctor. But each time the result was the same. The symptoms of indigestion would only be relieved for the time being and the next attack would be more severe. He was a college professor, and much reading was necessary in his work. His eyes had reached a stage where glasses and eye solutions would no longer give relief. His condition was serious. Knowing that all other methods had failed, I suggested to him that he try the deep therapy light treatment and the eye exercises, with the result that in a short time his vision began to improve. But it was not improving as rapidly as in other cases, consequently we were both dissatisfied with the results. I knew that we would never secure good results with the eyes until such time as we had permanently relieved the indigestion. This patient was very

careful about his diet and exceptionally attentive to his exercises and the general care of his physical body. Being an educated man and above the average in intelligence he was not only familiar with the laws governing health, but he was ambitious and energetic enough to live accordingly. It was my good fortune to be invited to his home for dinner. I had no more than set foot in the house, however, until his wife, though not lacking in hospitality, informed me that we should not have a very good dinner, as the stove had not been working right; that her baking was terrible; that the butcher had failed to send her the meat she ordered but had sent a very poor substitute. The groceryman had also failed to send some of the things ordered and the vegetables were not fresh. During the entire meal I was reminded of the inferior food that I was eating and the poor manner in which it was cooked. The next time I treated the patient, I suggested that he send his wife to California for a month or so and try a different regime. I asked him not to make any changes in his diet as it was all right. The professor, having suffered so long, was willing to try anything. In less than a week his wife was on her way to spend a month or so with

her people and the professor secured a more encouraging cook in her place. In two weeks' time his indigestion was completely cured, his eyes improved rapidly, and there has been no recurrence of his indigestion nor of his eye trouble.

Now the question is, did the mental attitude of his wife have anything to do with his indigestion and his weak eyes? Evidently it did because when she left with her complaining, nagging and pessimism, apparently she took the cause of his indigestion out of the home.

A doctor once tried several experiments to convince himself that the mental forces of the body do affect in a great measure physical well-being. He first selected one of his assistants. When she came to work one morning he asked her if she were feeling well. She informed him that she had never felt better in her life. Then the doctor said, "You look very pale this morning, let me feel your pulse" —after which he suggested that she could not be feeling one hundred per cent. He advised that she sit down and relax before starting with her work. He informed two of his doctor friends of his intentions and they in turn helped out by substantiating his statements, telling the assistant that she surely was look-

ing very bad. One of them said that she looked like a patient of his just before death. These suggestions were repeated several times during the day, and at 3 o'clock she was so ill that it was necessary to have some one accompany her home. When this experiment is used on negative people it works very rapidly and acts as a means of demonstrating to them their negative condition; it proves to them that a good deal of their weakness is mental; and, as no one likes to be classed as a mental defective the reaction is constructive and not destructive. It tends to change their mental attitude and to improve their positive affirmativeness and makes them more resistant to negative and destructive suggestions.

A patient who came to me for examination complained of all the symptoms she had ever heard repeated by others. After making a thorough examination, I was convinced that there was nothing sufficiently wrong with her physical body to warrant the symptoms she described, so I decided to question her regarding her habits and environments. She told me that she was terribly abused, that she was forever unfortunate in the matter of securing good help; that it was always her luck to get a stupid maid; or a dumb chauffeur; that she

was continually being thrown into association with people who were her inferiors both physically, mentally, and normally.

After listening to her many complaints, and hearing her speak so disrespectfully of other doctors who had attended her, I knew she would go out and say the same things about me. So I decided to give her cause. I explained to her that many of the insane always live under the illusion that everybody is crazy except themselves. I told her that I thought she was not mentally right, that her mind was unbalanced and that she ought to be locked up for the safety of other people. I then left her in the consultation room alone. I did not return until I was sure she had departed. Three days later, her husband, who was used to running down her complaints and settling with the cruel people who were always abusing his wife, called to see me, to find out what I had done and why. After I explained to him my reason, he agreed that the effects were very satisfying and that there had been a decided change in his wife's disposition. She had acted more human in the intervening two days than she had for five years. He not only thanked me but gave me a check for twice the amount of my consultation fee.

The mental attitude of people cannot be easily and quickly changed. It sometimes takes a very severe shock or much persistent, patient effort to get them to think right and to act right.

The mind causes and cures disease according to the way it operates. The subconscious mind is the storehouse for all your past experiences and knowledge. Therefore, if the conscious mind does not burden the subconscious mind with a lot of destructive emotional material, the subconscious mind will have stored within itself only those materials that react for physical well-being and promotion of health.

When physical and mental abnormalities have been corrected, then will the eyes be 100% efficient. Therefore, breathe fresh air, drink plenty of water, exercise, eat simple food, and —work! Let's go!

Light Has Long Been Recognized as a Wonderful Aid in Establishing Health

We know this from actual experience in handling thousands of cases. We know that patients wearing heavy flannel underwear and lots of heavy clothing, excluding the sunlight from their bodies, develop many chronic skin diseases, ulcers, boils and eye troubles because the absorption, due to lack of elimination, carries this waste to many of the vital organs. We have observed some of these chronic cases of skin diseases, rheumatism, gout, nephritis, stiff joints, high blood pressure, and many other conditions too numerous to mention, who after stripping off their clothing and turning the light on their bodies for a few minutes each day, have obtained results which have many times been called "miraculous" and still there was nothing miraculous about the treatment itself—merely a common-sense method of penetrating the tissue with a light which furnished yellow rays to stimulate the motor nerves; red rays to stimulate the sensory nerves and infra-red rays which penetrate the deeper tissues, causing the congested venous blood to drain so that the fresh arterial

blood could carry in new building material to re-establish health. Just a simple method of aiding Nature to normalize the structure which enables it to function naturally.

Fig. No. 24.

Fig. 24—Dr. Richardson's special light and burning glass being used in combination for the treatment of chronic eyelid and eyeball diseases. This method is now being used by optometrists, osteopaths, medical doctors and many drugless practitioners as it is a simple non-medical treatment which is fast replacing drugs, due to its painless application and quick results, proving to be more lasting owing to the normalizing of the tissue. Trachoma bodies, gonococcus and other contagious germs cannot survive the penetration of this light,—still the normal body tissues have a great tolerance for light, therefore, the effect on them is beneficial but detrimental to germs for they cannot survive under its influence as they are only scavengers and can only live on diseased, unhealthy tissue. The above light destroys germs.

Fig. No. 25.

The above shows Dr. Richardson's special sun surgery glass which is used for removing warts, moles, birth-marks and skin blemishes. No drugs, knives, or scissors are needed. It has also been used effectively in the treatment of tonsils, hemorrhoids commonly known as piles, boils and carbuncles.

Fig. No. 26.

Being used at home in the treatment of sore throat and tonsilitis. Also for taking facial exercises while under the light. When this light is used a few minutes each day and the muscles of the face exercised at the same time, the circulation is re-established; the tissues toned up and many of the wrinkles disappear. It is almost unbelievable how the deep lines and crowsfeet around the eyes soon fade away and normal, healthy tissue takes their place.

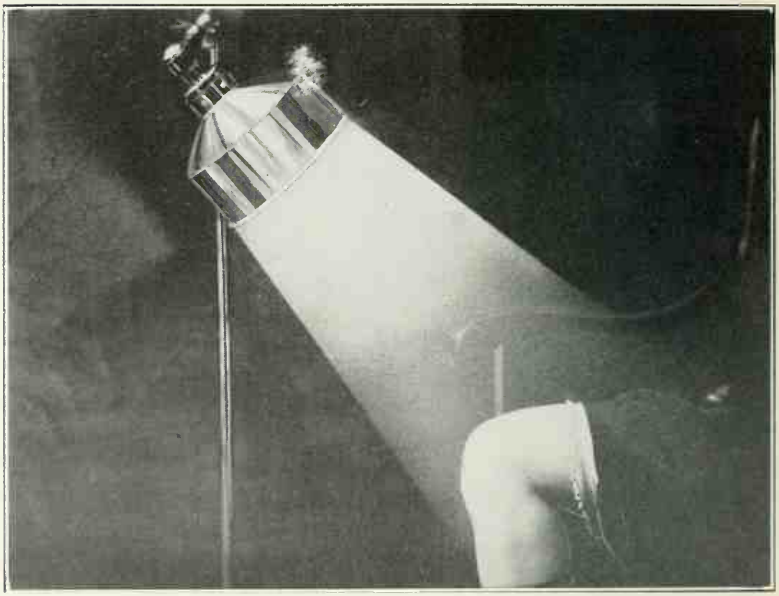


Fig. No. 27.

Dr. Richardson's special lamp being used in the treatment of stiff knee joint with remarkable results. The light is being used at home as it affords almost instant relief to pain in any part of the body.

Fig. No. 28.

Many patients use Dr. Richardson's special light at home in the treatment of Neuritis. It is far superior to alcohol rubs, ointments, linaments and other injurious medicines which have been rubbed into the tissue and reabsorbed and carried to all parts of the body. When the light is used none of these unpleasant symptoms make their appearance as it is only a means in helping Nature to get the dead, stagnated blood out of the tissue and let in the fresh, healthy blood.

Fig. No. 29.

Dr. Richardson's special lamp used in the treatment of painful menstruation. Much better results can be obtained where the clothing is removed, by permitting the light to penetrate the female organs for a few minutes. The deep penetration of the infra-red rays establishes the flow which relieves the pressure and congestion. It is the congestion and pressure on the nerves which causes the pain. When that is relieved the pain disappears almost instantly.

Many Doctors Are Practicing the Method as Outlined in This Book

If you find the name and address of a doctor stamped in the back of this book you will know that he is one of the many who believes in helping his fellow-man to help himself, otherwise his name would not appear thereon. If this book has been sold direct from the main office it will not bear the stamp of any other than the author. Many people have purchased these books in great numbers and given them away as presents to friends and relatives. In the printing of this book we have not spared quality of paper nor binding. We have in this respect used the very best and as a result the sale has been greatly increased, which substantiates the statement that "anything worth doing is worth doing well." The moral is: "If you are sufficiently interested to practice the method as outlined in this book do it with one idea in mind and that is: follow the instructions specifically and be rewarded by the good results." It is much easier to help a friend after you have once learned how to help yourself. It is a true saying that "there is more pleasure in giving than in receiving." This also applies to the giving of proper attention to the care of your physical, mental and spiritual body.

Price List of Equipment Used by Dr. R. A. Richardson and Others

Dr. Richardson's book, "Strong, Healthy Eyes Without Glasses," including both large and small charts	$ 3.00
Or five books, together with charts complete	10.00
Large A-B Test Charts, 75c each, or 25 for	4.00
Small Charts, 15c each, or 50 for	1.75
32-Page Pamphlet, (with patient's instructions for eye exercises), 50c each, or 100 for	10.00
Dr. Richardson's Special Light Bulbs, only	3.75
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Dr. Richardson's Book, "Removing Facial Wrinkles," $1.00 each, or 10 for	7.00
Dr. Richardson's latest book, "The Camouflaging Pessimist—By an Optimist." (This book will help anyone to become more optimistic, eliminating timidity, fear, worry, anxiety and petty jealousies.) Price $1.00, or 10 books for	7.00

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